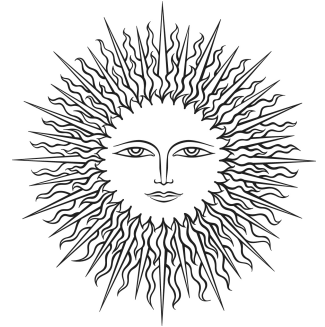


SCHOOL OF HOMEOPATHY

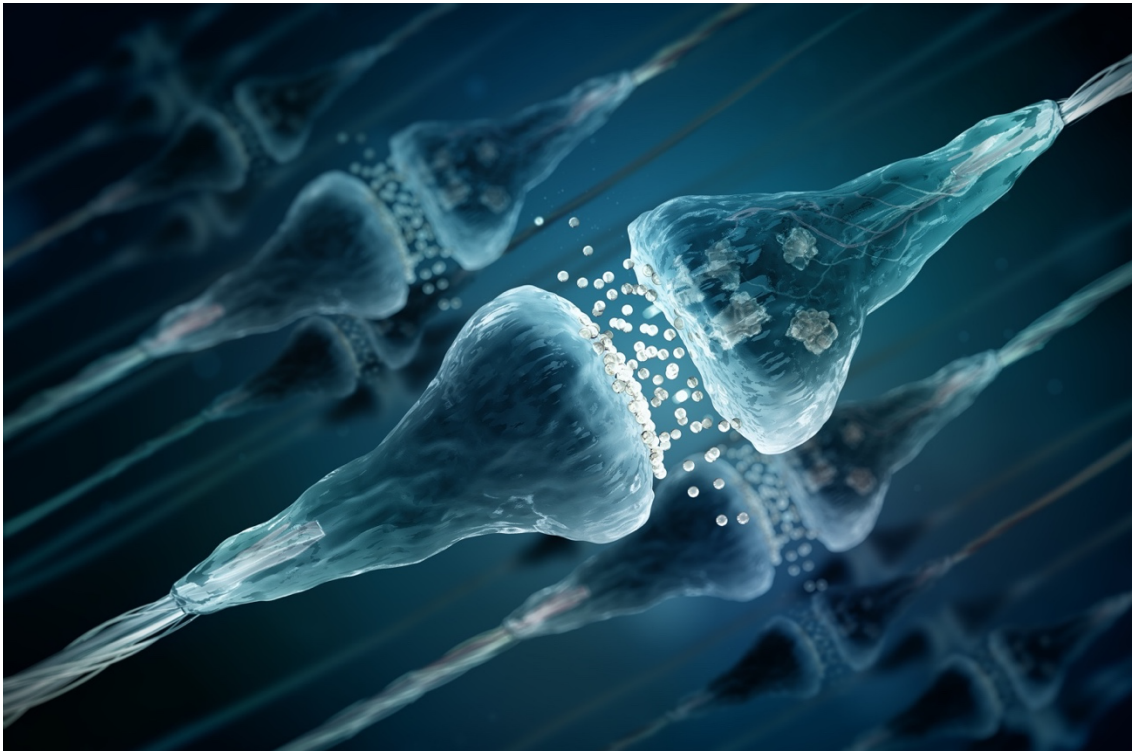


5-hydroxytryptamine

Serotonin [Serot.]

October 2019 · School of Homeopathy · 13 provers · 30c · 8 weeks

Proving coordinators: Mani Norland and Luke Norland



Following a screening of 'Just One Drop' at the Society of Homeopaths' conference in 2017, and a discussion about Serotonin and mental health, an idea of proving the substance emerged. John Morgan confirmed that Serotonin hydrochloride was available as a salt (human secretion was not available). Helios Homeopathy supplied the substance for the proving and John Morgan assisted with the pharmacy at the start of this proving. The tincture was run up to the 30c Hahnemannian potency in class.

About

Profound and frivolous bonding disintegrates into sensation of isolation. Boiling fire or freezing ice. Angelic protection.

Serotonin is a neurotransmitter - when Serotonin reserves are depleted connections are impaired - when elevated they are enhanced. An image which captures the spiritual aspect of this connection is that of a winged angel, bringing love, peace and serenity. It is felt as a Divine connection and communication between all beings. When on a high this person will be a hugger; bringing joy and laughter to any gathering of friends and maternal feelings may arise. Conversely, they can feel rejected, unloved and then withdraw. A polarity between ice and fire encapsulates this remedy's mode of action - with symptoms of coldness and heat in both mental and physical spheres. The strong and striking sensations experienced by the provers were shooting, stabbing, tingling, pins and needles, whooshing, wave-like symptoms, fullness and swelling. These were often sudden and fleeting.

Serotonin (also known as 5-hydroxytryptamine or 5-HT) is an important biochemical which is present in all vertebrates, some invertebrates and several food plants such as plantains, bananas, pineapples, walnuts, kiwifruit, plums and fresh tomatoes. It is also present in the defensive stings of sea urchins, some insects and stinging nettles (*Urtica dioica*), where it acts as an irritant causing pain, burning and inflammation. The essential amino acid tryptophan is the dietary source of Serotonin. High tryptophan foods include meats, fish, tofu, beans, milk, nuts, seeds, oatmeal and eggs, as well as the fruit mentioned above. Even chocolate contains some tryptophan which is converted into Serotonin in the body and can affect mood. Many seeds and fruits which contain 5-HT affect the function of the gastrointestinal tract and the regulation of peristalsis.

Serotonin has been known for over 70 years as one of the significant monoamine neurotransmitters and hormones in the central nervous system (CNS) and peripheral tissues. Serotonin is used to transmit messages between nerve cells. As the precursor for melatonin it helps regulate the body's sleep-wake cycles and the internal clock and is thought to serve an overall role in co-ordinating the nervous system. Serotonin acts as a trophic factor (proteins that support the growth, survival and differentiation of neurons) starting soon after conception. This is directly related to the production of Serotonin in the mother's gut and is transferred into her blood platelets. From a very early stage of gestation the foetus also starts synthesizing its own Serotonin in a special group of nuclei of the midbrain.

The Serotonin found in the body is synthesized from the dietary essential amino acid tryptophan and occurs mainly in platelets in the cardiovascular system and EC cells in the gut. EC cells are a type of entero-neuro-endocrine cell, which modulate neuron signalling in the enteric nervous system (ENS) via the secretion of Serotonin and other peptides. Neurons responsive to Serotonin in the brain are separated from the peripheral serotonergic neurons, platelets and EC cells because the blood-brain barrier (BBB) is impermeable to Serotonin. This means that Serotonin operating as a neurotransmitter in the brain has to be synthesised *in situ* from tryptophan which can cross the BBB.

Serotonin is an important enteric signalling molecule and is well known for playing a key role in sensory-motor peristaltic reflexes and secretory functions in the gut. Abnormal concentrations of Serotonin have been associated with IBS, predominantly increased concentrations intensifying gastrointestinal motility and mucosal secretions from the gut mucosa. Severe IBS often manifests as either chronic constipation or chronic diarrhoea and abnormal EC cell populations have been correlated with both conditions. Much research is currently being carried out on the importance of the gut-brain axis in health and Serotonin clearly plays an important role here. In addition, Serotonin has been found to play a role in constriction and contraction of other muscular tissues, such as in bronchioles or in the uterus.

Other complex physiological functions of Serotonin include modulation of mood, cognition, learning, reward and memory and it is known as a 'happy hormone' because it is recognised for its power to lift depression, regulate mood and effect happiness. Dopamine, oxytocin, and endorphins are the other 3 happy hormones. Serotonin also helps to regulate sleep-wake cycles and suppress appetite. It is necessary for muscle contraction, cognitive function – learning and memory – and plays a role in the autonomic nervous system in maintaining blood pressure, heart and breathing rates, temperature regulation, metabolism, arousal and digestion. High levels of Serotonin can cause diarrhoea, fever, raised heart rate, dizziness, tremors and convulsions. Serotonin syndrome (extra-high levels of Serotonin) can occur as a side effect of some medication and, if not treated, can be fatal. Low levels of Serotonin are associated with depression, fatigue, anxiety, insomnia, migraines, OCD-like behaviour and mood swings. It is also very important in vasoconstriction to prevent blood flow and can induce nausea and vomiting to prevent poisoning. In both modalities (as a neurotransmitter or as a hormone) it operates as an essential communicator chemical. There is a link between Serotonin and Seasonal Affective Disorder (SAD). People can be affected by SAD during the winter months when there is less daylight, causing low mood, lack of energy and disrupted sleep.

At rest, Serotonin is stored safely in the vesicles of pre-synaptic neurons located at the synaptic knob. The action potential triggers the release of Serotonin vesicles and they move towards the membrane of the pre-synaptic neuron. The vesicle then binds to the cell surface membrane and Serotonin is released by exocytosis into the synaptic cleft where it moves towards the post-synaptic neuron and binds to the matching receptor sites there, triggering a new action potential. Normally, a neurotransmitter is reabsorbed ('reuptaken') after it has transmitted its neural impulse.

Most of the body's Serotonin is found in the gastro-Intestinal tract where it regulates bowel function as well as reducing appetite while eating. If you eat something that is toxic the gut produces more Serotonin to increase transit time and expel the irritant in diarrhoea. Serotonin is released by blood platelets when there is a wound - the resulting vasoconstriction, or narrowing of the blood vessels, reduces blood flow and helps blood clots to form. It also appears to inhibit sexual activity. Selective Serotonin reuptake inhibitors (SSRIs) boost Serotonin levels in people with depression, but between 20% and 70% of people who take them experience a range of symptoms related to sexual dysfunction. In the brain Serotonin plays an important neuro-modulatory role in physiological responses, such as behavioural arousal, circadian rhythmicity, neuroendocrine function, sexual behaviour and feeding. It also plays an important role in mental processes, mood and cognition.

Serotonin is seen in insect processes in roles similar to the human central nervous system, such as memory, appetite, sleep and behaviour. Locust swarming is mediated by Serotonin, transforming social preference from aversion to a gregarious state that enables coherent groups. Learning in flies and honeybees is affected by the presence of Serotonin. It is one compound of the poison contained in stinging nettles, where it causes pain on injection in the same manner as it does in insect venoms.

Mythology

Nettle - In Celtic folklore, nettle - 'Devil's claw' - was employed as a threshold guardian to afford protection from witchcraft and sorcery with its sting and perhaps engaging Serotonin light to fight dark magic. Where they grew was thought to indicate the place where fairies lived and nettle stings were thought to provide protection from their magic. Nettle was also used to reduce a fever by chanting the name of the sick individual whilst picking the whole plant - both roots and leaves. The properties of nettle carry the maternal energy of Serotonin. They have been widely used due to their ability to prevent haemorrhaging and stop bleeding from wounds.

History

Discovery of Serotonin - In 1935 Dr Vittorio Ersparmer identified a substance - enteramine - which was first taken from rabbit gastric mucosa, demonstrating the action of enterochromaffin cells in the gut and their involvement in peristalsis. Ersparmer continued working with enteramine and through research carried out by Maurice Rapport and his team it was established that both Ersparmer and Rapport had identified the same substance, namely 5-hydroxytryptamine.

Medical uses

Selective Serotonin reuptake inhibitors (SSRI's - such as Prozac and Zoloft) work by increasing Serotonin levels in the brain. After carrying a message Serotonin is usually reabsorbed by the nerve cells (known as "reuptake"). SSRIs work by blocking ("inhibiting") reuptake, meaning more Serotonin is available to pass further messages between nearby nerve cells.

Recreational drugs

Recreational use of MDMA and Ecstasy became popular in the Second Summer of Love in the late '80s to early '90s, at raves, with garage and acid house music. Despite being categorised as Class A drugs in 1988 MDMA and Ecstasy are still used for their pleasure-inducing and hallucinogenic effects. Electronic dance music and the use of MDMA evolved hand in hand.

"If you look at electronic dance music culture, it seems to be more diverse, more accepting of the 'other', more welcoming of gay people—a counter-ethos of 'we're in it together,'" Dr. Rick Doblin, founder of the Multidisciplinary Association of Psychedelic Studies (MAPS).... "There's a spiritual aspect to it. For many, the drug serves that function. There's something fundamentally wholesome about these communal dance parties."

It's not hard to understand why. "Rolling," as the new ravers call the high, is a state of prolonged euphoria, intimacy, and kinesis: the conditions encouraged by a pulsing beat, a rococo of colored lights, and a setting that makes rubbing up against dozens of people tough to avoid. The drug makes the music better, and vice-versa. In spite of efforts to commercialize the scene, or perhaps because of them, this truism remains the genre's core.

Source: The Atlantic

<https://www.theatlantic.com/health/archive/2013/09/electronic-dance-music-s-love-affair-with-ecstasy-a-history/279815/>

When ingested MDMA causes the brain to flood itself with Serotonin, leading to heightened sensitivity where touch and movement become intensely pleasurable. There is also an intense empathetic connection with others, accompanied by rushes of exhilaration, often with nausea, and sometimes an urgent need to defecate. This physical sensitivity, paired with the feelings of self-acceptance and empathy for others, can often lead to an increased sex drive and especially feelings of openness and intimacy. When the effects subside the brain is depleted of much of its supply of Serotonin. Because of this substantial loss depression is a common after-effect of MDMA use.

Before MDMA became popular in clubs and raves, it was utilised for therapeutic purposes among mental health practitioners. MDMA-assisted therapy combines traditional psychotherapy with the administration of MDMA.

Because of MDMA's unique effect of reducing fear and enhancing interpersonal trust, it can be especially helpful in healing psychological and emotional damage from traumas, helping the terminally ill face death, and other difficult-to-treat psychological conditions. MDMA has reportedly been used with over 1,000 human subjects in clinical trials without a single serious adverse event.

When the U.S. Drug Enforcement Administration (DEA) sought to completely prohibit MDMA in the 1980s, the medical community protested and the DEA's own administrative law judge ruled that MDMA should not be placed in Schedule I. However, the DEA ignored this ruling and medical research was shut down for almost two decades.

Over the past decade, however, there has been a resurgence in research evaluating MDMA's therapeutic benefits, especially regarding treatment of post-traumatic stress disorder (PTSD). A seminal study published in 2011 found that patients who received MDMA-assisted psychotherapy reported substantial reductions in the severity of their PTSD symptoms. These findings have been replicated by other studies, and additional research is underway in the U.S., Canada, and Israel and soon to begin in the U.K. and Australia.

Source: The Drug Policy Alliance

<https://drugpolicy.org/drug-facts/can-mdma-be-used-medicine-or-therapy>

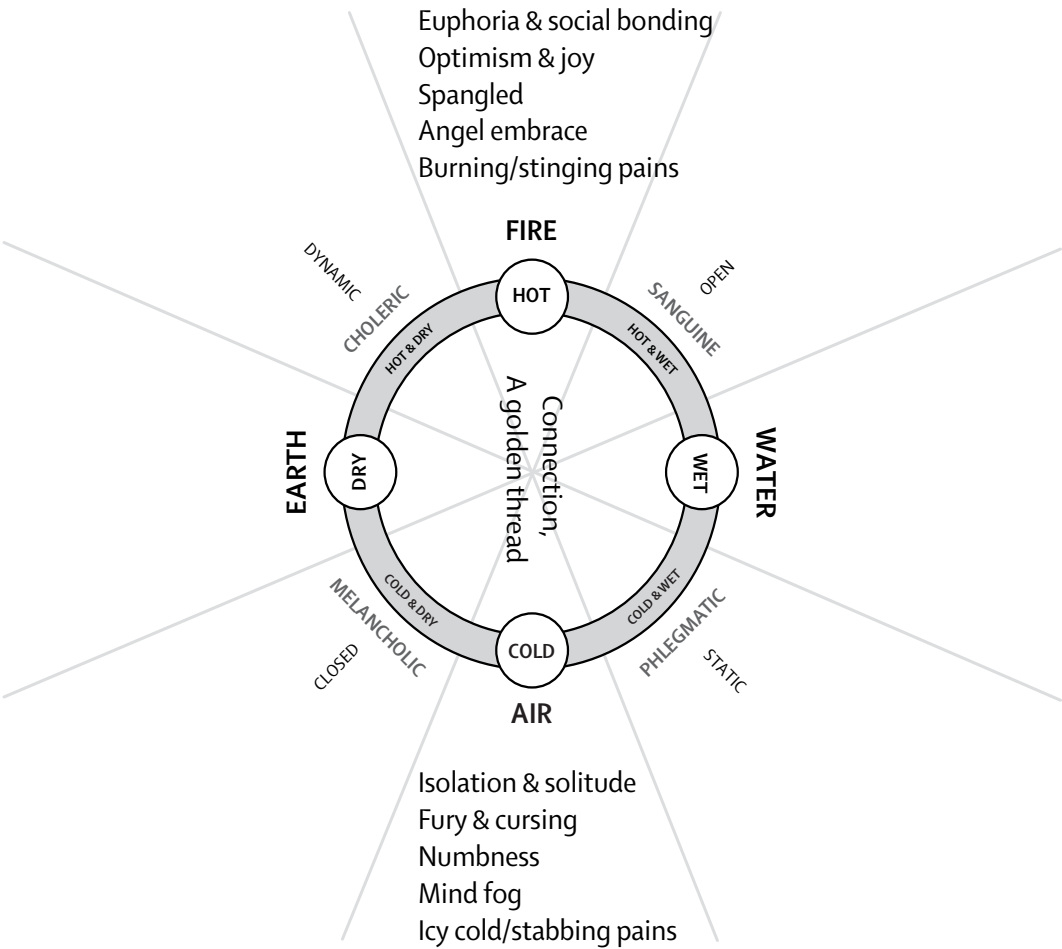
The proving of Serotonin

The core essence of the proving reflected the chemical impulses of Serotonin, with its connection and disconnection at the synapse cleft. For one prover light was a key manifestation of the proving. She wrote, 'The most significant of my delusions was that I was an angel. These delusions were so real that even now . . . a part of me feels as though it is true. The first time I was sitting quietly, meditating, not on anything in particular, just sitting quietly. I felt the wings come out of my back and open up, and I stood up, I was holding a sword and sceptre and there was light beaming out of my chest. I was fierce and powerful, a protector, and my feeling was, "Don't mess with my people". After some time, I felt the wings fold back into my back, I had the physical sensation of this, and in the opposite place on the front of my body, the light continued to beam out of me.'

Connection was described as continuing 'like a golden thread' through the proving, with provers reporting oneness, an intensity of sound and colour, bonding, a sense of unification, attachment and wanting to be mothered and hugged; also needing to regress and be childlike. This was expressed by a prover, saying, 'My mum came in so loud were my sobs. My baby had a night terror at exactly the same time. When tried to get back to sleep, it was unreal how cold I was. Completely covered and shivering . . . Like there's no hope. Felt really alone. Like my own 1 year old was forsaking me. If my mum hadn't come in, I would've just carried on crying. We don't normally hug very much. When someone gives you a really nice hug, you kind of disintegrate.'

High levels of Serotonin bring loving feelings and elation, which provers experienced as frivolity and fuzziness: 'We were completely giddy, high, silly, out of control'. The mood swings of Serotonin were likened to a 'rollercoaster' ride: 'I started off on a high with such clarity and joy. Then the next thing I knew there was a complete change in direction; I hit rock bottom. I became tearful, emotional and very low - symptoms that I normally get when having bouts of my depression were dominant. I wanted to sit on [the] sofa and do nothing, speak to no-one, not do any housework or cook. Everything was such an effort. I was irritable with everyone and my tolerance level was so low that I had altercations and spoke my mind.' At rock bottom was disconnection, isolation, and feeling unloved. Low Serotonin levels can cause insecurity and a sense of rejection - bringing a greater desire for physical bonding and inhibiting sexual activity. These aspects of the substance emerged in the proving as despondency, with provers comfort-eating due to a loss of will power, developing self-esteem issues, and becoming chaotic.

Mappa Mundi



Miasm	Compare	Sphere of action	Sensations	Images
Acute	Drug remedies (especially Entheogens) ⌘ Cannabis indica ⌘ Nux moschata Olibanum sacrum Alcoholus Aether Phosphorus and compounds Lac remedies Murex	Mind Nerves Endocrine Urinary Thermoregulatory Uterus	Euphoria; frivolity; hysteria; giddiness; giggling; childlike Burning, boiling heat vs freezing, icy coldness Vibrating; fuzzy; buzzy Serene; spacious Stoned; intoxicated Numbness; asleep; tingling; pins and needles Shooting; needle-like; sharp; stabbing Sudden; fleeting; whooshing Fullness; swelling Wavelike	Angel; spreading protective wings Seeing her light reflected in people's eyes Colours; blue, green, teal, turquoise, purple, red Silver; sparkling metals being contaminated Mountains of white sugar crystals Water

Overview of the proving from a sensitive prover

'Preparing the remedy with John Morgan saw the majority of the group at some point being taken over with hysterical laughter - we were completely giddy, high, silly, out of control. The moment I took the remedy, it was like an instant come down, I suddenly felt very sombre and serious. Within this handful of minutes, the preparation and the actual taking of the remedy, I experienced two significant polarities of the remedy state - the high and the low which I would experience again during the two months of the proving to a greater or lesser extent.

The other really significant feeling that came up within the first few minutes of taking the remedy was the desire for connection and the feeling of disconnection. This polarity was the core of my experience of Serotonin. The following evening I found myself in a bubble of love with a couple of my classmates, able to express for the first time in how I have felt outside of my group since V left at the end of the first year. I felt a level of connection and love that I can only compare to the feeling when the boundaries are torn down from being in a drug-induced state, specifically MDMA. There were no barriers between us, we were able to see and feel each other's essences, we were one.

Connection continued like a golden thread through the proving. I had many unexpected moments with various people in my daily life where I was able to fully see and be seen and to truly know what "oneness" or "no separation" means. These are such buzz words in the spiritual seeker's community but I don't think that, until now, I fully understood or had experienced it beyond momentary glimmers. This feeling did not apply only to people, but also to the world around me - everything was "more", as if I could feel the vibration of all things. Colours were more intense, sounds too, but it was not only on the outside, the energy of it all was felt within me too.

Of course, the flip side of this was that there were experiences of utter disconnect as well. I had the most absurd argument with my husband, it was as if we were speaking across the void of the universe in languages from other planets. And the premise of the argument was so completely tiny and stupid. Thankfully, I was fairly quickly able to understand that it was proving-related and laugh about it and let it go. The same day I also experienced complete disconnect from my daughter.

Connection and disconnection played a huge role in my dreams as well. Unusually, I dreamt every single night of the proving. This is where a lot of the more "negative" side of the remedy picture came through, whereas I had a lot of the more "positive" experiences in my waking life, including some truly magical delusions.

The most significant of my delusions was that I was an angel. These delusions were so real that even now (in spite of my rational homeopath's mind), a part of me feels as though it is true. The first time I was sitting quietly, meditating, not on anything in particular, just sitting quietly. I felt the wings come out of my back and open up, and I stood up, I was holding a sword and sceptre

and there was light beaming out of my chest. I was fierce and powerful, a protector, and my feeling was "don't mess with my people". After some time, I felt the wings fold back into my back, I had the physical sensation of this, and in the opposite place on the front of my body, the light continued to beam out of me. This was such an intense and incredible experience.

I had a second angelic delusion whilst at my daughter's school for her class assembly for Remembrance Day. I was extremely moved by the children's words and when it came to the two minute silence I felt my wings come out again and enfold all the people in the hall, holding them in love, in light and in safety. It was a much softer experience of the angel energy I experienced before and it felt beautiful.

Both in my dreams and in my daily life light played a big part. The feeling that I am light, that light is coming out of me, that I am somehow glowing, that people can see and recognise the light in me, that I can see it reflected in them. This ties in with the feelings of connection.

Responsibility came through in my dreams as a major theme. Most often I seemed to be responsible for large groups of children, but on the flip side I seemed unable to do the right thing for my own children. There was a lot of running away, of being unsafe. I also had a couple of dreams around child abuse - I was the child or the innocent in my dreams. The one that stays with me the most is the one where I had to bury my child-sized bike and that I had no one to protect me. In a way, this is also the polarity of state of having no boundaries. On the one hand it is possible to experience connection at an unfathomable level; on the other no boundaries also means no protection and vulnerability.

Of course, the flip side of this was that there were experiences of utter disconnect as well. I had the most absurd argument with my husband, it was as if we were speaking across the void of the universe in languages from other planets. And the premise of the argument was so completely tiny and stupid. Thankfully, I was fairly quickly able to understand that it was proving-related and laugh about it and let it go. The same day I also experienced complete disconnect from my daughter.

Connection and disconnection played a huge role in my dreams as well. Unusually, I dreamt every single night of the proving. This is where a lot of the more "negative" side of the remedy picture came through, whereas I had a lot of the more "positive" experiences in my waking life, including some truly magical delusions.

The most significant of my delusions was that I was an angel. These delusions were so real that even now (in spite of my rational homeopath's mind), a part of me feels as though it is true. The first time I was sitting quietly, meditating, not on anything in particular, just sitting quietly. I felt the wings come out of my back and open up, and I stood up, I was holding a sword and sceptre and there was light beaming out of my chest. I was fierce and powerful, a protector, and my feeling was "don't mess with my people". After some time, I felt the wings fold back into my back,

I had the physical sensation of this, and in the opposite place on the front of my body, the light continued to beam out of me. This was such an intense and incredible experience.

I had a second angelic delusion whilst at my daughter's school for her class assembly for Remembrance Day. I was extremely moved by the children's words and when it came to the two minute silence I felt my wings come out again and enfold all the people in the hall, holding them in love, in light and in safety. It was a much softer experience of the angel energy I experienced before and it felt beautiful.

Both in my dreams and in my daily life light played a big part. The feeling that I am light, that light is coming out of me, that I am somehow glowing, that people can see and recognise the light in me, that I can see it reflected in them. This ties in with the feelings of connection.

Responsibility came through in my dreams as a major theme. Most often I seemed to be responsible for large groups of children, but on the flip side I seemed unable to do the right thing for my own children. There was a lot of running away, of being unsafe. I also had a couple of dreams around child abuse - I was the child or the innocent in my dreams. The one that stays with me the most is the one where I had to bury my child-sized bike and that I had no one to protect me. In a way, this is also the polarity of state of having no boundaries. On the one hand it is possible to experience connection at an unfathomable level; on the other no boundaries also means no protection and vulnerability.

Time behaved differently during the proving and this came through again both in my dreams and in my waking life. I had one experience of literally losing 45 minutes in the blink of an eye - and I was not alone, which made it all the weirder. There was absolutely no explanation for this. I often had the feeling of time running out.

There were a lot of tears during the proving. Both happy tears and sad tears. There were times when I felt like I was channelling the sadness of the whole world through me. Sometimes it was crying for no reason at all. But it did feel really cleansing.

This is a list of the most significant physical symptoms that I experienced whilst proving Serotonin:

- UTI (immediately, the morning after taking the remedy) Period pains and disruption to my menstrual cycle
- Dry throat and mouth with increased thirst
- Sore throat
- Cough
- COLD (temperature)
- Headaches
- Pain in neck and shoulder (particularly RHS)

- Tiredness
- Thinness of fingernails which broke very low and painfully
- I think there is a wet//dry polarity around the mucous membranes as more than once I felt my throat or lungs stick together and also I had a watery runny nose.

I really loved proving Serotonin and it was almost with regret that I let it go. Although I had been really excited to find out what it was, and high as a kite in the lead up to the big reveal and the closing ceremony, the whole thing felt like an epic come-down. I really wanted to keep riding the wave of energy, love and connection. Instead, I actually wanted to leave the party, to be by myself. I always want to dance, but this time it felt like such an effort. Thankfully, the Monday after college I had one final, beautiful sSerotonin day for myself: I was walking around town and felt as if my heart had been cracked wide open and the light was beaming out. I literally felt as if I was glowing and surely everyone could see it! I felt love and connection towards everyone I saw - I wish I could always feel this way.'

Themes

Connection / Bonding / Attachment

Hugging. Connection. Attachment. Friends. Protect from harm.

Disconnection

Unloved. Hurt. Rejected. Isolation. Loneliness. Desire for solitude. Desolate place. Disconnection. Despondent. Joylessness. Despair. Feeling inadequate. Comfort eating.

Mothered

Maternal. Nurturing.

Angel / Light

Calm. Peace. Serenity. Tranquillity. Love. Communication.

Calmness / grounding / contentment

Water

Weeping. Tearful. Bladder. UTIs. Menstrual changes. Thirst. Uterus.

High, Frivolous

Joy. Happiness. Laughter. Carefree.

Abuse

Responsibility

Nostalgia, desire for home

Chaotic

Disordered. Disorganised. Confusion. Misunderstanding. Mishearing. Forgetful.

Raging meltdown

Anger. Irritability. Intolerance. Frustration. Violence.

Icy fire

Heat. Cold. Temperature fluctuations.

Snakes

Appetite

Lethargy

Affinities

- Bladder, Urinary
- Uterus

Provers speaking as one. Day 0 Just after taking the remedy

- Cold hands.
- Calmness.
- Wave of intense frustration, want to escape
- Mind racing, going through all things wanted to do. WTF, just going to buy wine and drink it. Prover wouldn't normally swear.
- Lips tingly, calm.
- Feels like lips swollen
- Warm sensation from temples, filled whole head. As if red, orange pinky goo.
- Just a soft, full feeling.
- Like someone pressing an oval tray against my chest - really gently and evenly all over chest region.
- Feel sombre after the ridiculous hysteria of before.
- Laughing followed by sombre-ness.

- Electricity and connection and being aware of connection and touch.
- White?
- Feels like electric feeling in temple then like a metal tube that goes from one temple to other. Feels heavy.
- Feet are freezing.
- Lips are really dry and felt had to lick lips all the time.
- Saw a gutter with water over it, splashing with a beautiful light. Or maybe a spring - beautiful.
- Eyes, one marked with pale jade- as if someone was blind. No centre, black, all green. Shape changed. Started to see eyebrows of different people. Down to the brow itself. Then a halo of red with orange halo. Then went completely purple. Then really strong pulse in my thumbs.
- It was nice, enjoying it.

Day 1 - Provers speaking as one

Coordinator's observation - Atmosphere - camaraderie, relaxed, fun, giggling, raucous laughter

Woke at 3.33am and cried in a way that I felt like - so desperately low - overwhelming feeling that everything was fucked and wouldn't have been ever better. I felt really low. My mum came in so loud were my sobs. R (baby) had a night terror at exactly the same time. When tried to get back to sleep, it was unreal how cold I was. Completely covered and shivering. Really, really, intense! Like there's no hope. Felt really alone. When baby has her night terrors, she doesn't recognise me. She scrambles past me, going 'mummy, mummy, mummy' it's quite alienating. It's like even she doesn't give a shit. Like my own 1 year old was forsaking me. If my mum hadn't come in, I would've just carried on crying. We don't normally hug very much. When someone gives you a really nice hug, you kind of disintegrate. Felt like I was losing it. I was just crying - some attention for me. Not focusing entirely on the baby, that was nice. I needed that...

Cold. Yesterday I was freezing all day long before we took it. 7 layers on and wrapped up. Ankles were exposed. Only part of me exposed apart from my face. I am never, ever, ever, cold. I can go out without a jacket. Cold all day, in the evening had a massage. Everything was boiling, and the hot stones were boiling. But my feet were freezing. 'my feet feel like ice blocks, like not my own, disconnected and cutoff at ankles. Like blood going down but missing out my feet. Saw my feet as being like the feet in a morgue. Horrible sensation- as if my feet were not my own.

Dream - phoned someone in work. No, they phoned me. I picked up. They were talking about me in the background. Ah, she never picks up her phone... What is she doing?! Really odd how they were talking about me. Don't normally have paranoias about me. Talk about sexual abuse. Feeling like that is not true what they're saying, and they know that. Why are they saying that?

Time - since the last wknd in college until now... I am having this slow theme going through everything. Slow digestion, slow time, period slow, slow in work ... Other people noticing the time... Been a bit wonky.

Also have icy cold feet. Had to go straight to my room and put my fluffy slippers on. Woke up this morning with intense period pains, made me have to get up out of bed. Had symptoms of a UTI, with blood and a shooting pain up the bladder. Lying in bed... Eurgh... More intense than usual. The UTI is not something that is common at all. I panicked a bit to be honest. Quick talk with A and been into Stroud to get meds. Wavering in the middle with whether or not to medicate it.

Feel a bit stoned or a bit high - a bit buzzy. Constantly aware of a vibrating energy in all my body. Both nice and overwhelming. Going out into Stroud was all a bit too much. I am feeling like this, and everybody else isn't... Now it comes in a bit of a wave of intensity... breathing. Crying... It wasn't despair, it was overflow, bubbling up of something that has to come out of somewhere. Couldn't make a decision. Stood in the shop, trying to decide which cake to buy. I know what I want normally... but now I am just woooooo... HG. Woke up in night because very thirsty. (N- woke in the night and felt parched). Awake on and off from 5.30am (Uncommon).

Fuzzy, stoned, buzzy feeling. Struggling to put letters together and all got the munchies.

Period pains since 1pm today. Not on period so just finished. Because I am on day 8, Having a lot of cramping. Dragging down sensation on both sides of womb. Was right then moved to left.

Having lots of shooting pains- a bit like a string around right knee, up my thigh. Pain in back that lasted couple hours. (Shooting pain in hip and left temple - S). Like needle sharp feeling. Shooting, lightning temple pain.

V.V. Cold- shivering- full body- as if goosebumps everywhere. Felt like sitting in an icy bath. Boasting about new shoes that are thermal. Feel like regressing- really strong desire to suck my thumb this morning. In fact I did, secretly behind my scarf. Felt like a child, and started crying- but not knowing why. Wanted to be mothered. Felt... It was actually quite a nice feeling. Like I was able to be child-like. Backache - like a dull ache. Felt like a schoolgirl, giggling a lot. Alternating with crying.

Leading up to proving, I have been really OK, chilled, happy to go with this. Since taking it, have been feeling like - shit, what have I done? My principles are yogic, so don't take anything ever. Each homeopathic remedy has given me something and left something behind. Frightened, apprehensive that going to be left with something can't get rid of. Almost left me in tears. The slightest noise is pissing me off. I can't deal with noise ++. Cold hands on and off constantly. Not regret, but... One side of me is kicking myself for doing this. Goes against my lifelong principles. Other side thinking what am I going to be left with. Any answer is not going to be adequate. Whatever answer I am getting is freaking me out. Think I am going to be left with something. Frustrated with myself for going against my principles. I just don't take anything ever. Now I am panicking that this is leaving me with something. Neck problem from one of the remedies- it's gone down from the neck to the shoulders. Tender and sore. Become a feeling of pressure. Maybe heel problems better?

After we had done the meditation and going and buying the bottle of wine. I talked myself out of that. So I didn't - and went back to the B&B. Landlady had left me my supper. She left me a note saying there is a bottle of wine with your name on. Like a little girl - like doing something really naughty. Really giddy over this wine. She said have you taken those pills today - you look a bit spaced out, like you're high. Like 2 little schoolgirls giggling in the corner. We were really excluding him (the landlady's husband). Whispering and giggling. Really quite odd. I woke up at 3.30 to go to toilet.

Prior to weekend. Kept having feelings like needing to go to toilet, and also had UTI symptoms that have been going all month. In night went for a wee and the urine was normal. Still had sensation that needed to go and then suddenly felt like - actually no you don't need to. Went back to sleep, all day no burning pains on urination. Want to go back to B&B. I feel looked after there. Like a mum! That's what I need so I am going to go back there.

Yesterday was feeling calm. No dreams or anything. But last night and this morning. R wrist very sore - couldn't even open the door. Didn't have the strength to open this. Didn't have the energy to put pressure on it. And the UTI that has come up quite a lot. From yesterday to today. Pain at the bottom of the womb - almost like a bladder infection. Constant pain there all the time. Sensation that need to keep going to loo.

Also felt a spaced-out feeling. Especially strong this morning- you're here but you're not here. Could hear what's going on but also as if not hearing it. You are present and not present. Knew I was here and could hear talking but it wasn't going in.

Felt really deep, like gone really inside myself. Like really deep. Feel like I have been at Glasto for 3 weeks. Woke up and as if I am still spangled. Feel connected when I am outside. Everything nice and vivid. But when come back inside I feel disconnected. My focus is off. Can't pull myself into the room. I had the mum thing.

It was a horrific drive home. Aquaplaned a couple times. Got home to dog and felt overwhelming feeling that wanted to cwtch. Felt so alone, nobody was there. For that to creep up on me felt so intense. We are not going there again. The other thing - with my daughter, she has broken her phone again. Said - I have not got the money to repair it. Normally the financial thing and the lack of care she has would be an issue. But today I feel really carefree, really calm. My eyes are so light sensitive today. The light is hurting my eyes. (N- prior to proving been waking with twitch in R eye and itchy eyes, like haven't slept)

Slept through first alarm. Normally I would have anxiety attacks, but I will just do what I can do. But normally would be so anxious and angry. Not angry when late - that is massive for me.

Feeling hyper-connected, really vivid things, and really feeling a part of everything. I feel like I have not done enough to hallucinate but in that spangly state - it's lush.

Head full of goo, red, orange and pink - warm and full. Saying same as G. Like really dry lips, needing to lick them. Pins and needles from head right the way down to toes. Hairs upon arms. Horrendous journey. Wanting to itch face, as if hair on face. Thighs felt hot, full and thick. Cold person all the time. Sat eating my tea, all of a sudden felt boiling hot and clammy. Heat was in diaphragm and feet were

boiling, tingling, sweaty back of neck and inside elbows really hot and shoulder blades, down spine. Trying to get to sleep, had this image of the room- there was a man in the room. Didn't know who it was. He is trying to be an Arab. Woke up at 4.45.

Dream - funeral of friend from school - her mum. Old school friends there. Was just there - all of a sudden, my mum steps out of car - see her as crystal clear. She came up and hugged me. She was really tiny. All I wanted to do was keep holding her. Mum had come out on remand from prison - trying to clear her name. Eating chocolate, on a lawn. Little girl - wanting to be looked after. Urge to hand my homework book into Bill.

November weekend – Proving meeting after one month

Very Significant and intense awareness of bonding and connection. Open conversations. Love, happiness, warmth. The other side - mainly physical - severe lower back pain, headaches, and the cough which everyone knows about. And female reproductive changes - period changes. Had sexual abuse dream on wknd of proving. Seeing more articles about abuse. There, feels quite heavy... One day I ate a whole madeira cake to myself. Beige food! The incontinence thing is key as well. Only on reflection - this has happened a couple of times now. I need to go to the loo - I am desperate and can't get trousers down for a wee.

Period changes - opposite. Used to have the worst period pains and this month they weren't there. Really noticeable. Had a runny nose and cough but not felt ill. None of the tiredness or feeling shit that goes with it. Usually a diva with a cold. Dreams - theme of sexual abuse. Witnessing it but not being able to stop it.

Dream- that my baby came on her period but it wasn't that weird. Female reproductive, sexual. Really cold at night. Boiling in the day. Freezing in bed. Attached to kids - so much so that feel really afraid of leaving them. Started baking, which I have never done. CAKE! I want my baby to have the experience of baking. Maternally linked. A nest. The smell of the baking, warmth of home and children to have that memory. Bought loads of brown clothes.

Didn't take the remedy. More overly affectionate to people I wouldn't be. Giving hugs to people. Normally quite a private person but I had this urge to come out of bathroom in bra and knickers and bond with the girls.

Note: One of the School faculty enters the room and asks for a 'male – female connector' for their computer.

Picking up all beige clothing when shopping. Felt like – was I preparing for my death? Normally would care about others. Every time I raised my voice to my kids, I wee'd myself a bit. Every time I raised my voice. If I didn't wee myself, my heart felt not OK - so I had to lie down.

Have to go into every cupboard and bookshelf and sort everything out. (Nesting)

Latch key bladder- normally have an accident as soon as I get home put key through the door. The incontinence has been improved.

Period pains for 3 weeks but with no period. Felt aware of my uterus. You know a body part is there and feel it. When got period it was different to normal - minor pains. But no migraine during period. Had it beforehand which is unusual. Period shorter and less heavy than normal. Bonding and connection at the beginning. Then 2 weeks in, rage and anger. Wanting to swear at people. Intolerant. Profound isolation.

Gone the opposite way to everybody. I did join in the bonding at the beginning. I have gone really angry. Haven't lost my temper, but there is this - 'I don't give a fuck what the world thinks' kind of attitude. Had to curb it in. Normally I say what I think. With this flippant quality - I just don't care. Really don't like myself as a person. Normally v comfortable too. Have been eating loads of bread this month (unusual). Just had aches and pains in different places (unusual). Breathing <. Normally breathe deeply but only breathing as far as chest. Weight has been a massive issue this month. Gone up a whole clothes size in one month. Just ridiculous. On Friday night, we were quite frivolous- we drank wine direct from the bottle, sharing the bottle of wine quite literally.

Took Rx 2 weeks later. I didn't want to participate. I had some Sx before took it. Kept seeing a green colour. Greens and blues. Especially this particular green colour. When took remedy, felt really good- now together and really bonded. When came here I felt totally detached, as if I don't belong in this group. Strange because I felt not very bonded with people (tearful). Kept dreaming about metals. One time they were put in the earth. Dreamt of silver, and other metals and contamination of metals.

Then I had more structure - did very weird things. I put my clothes over the chair to wear the next day. Never done this since I was 7 years old. Already chose my clothes for the next day - very structured. Normally my mother would have done this for me when a young girl. Meeting deadlines- keeping my borders and being more structured. Arsenic green (it's artificial, you don't find it in nature- a bit like teal). Really was very... When the light went away - everything was very dim. Couldn't stand when it wasn't light.

Another prover bought the bottle and case that were teal.

Metal - dreams of sparkling. Thought it was gold. All sparkly metal.

Calmness but also outbursts- where I have actually told people where to go. Both polarities. The first time we took the remedy- had a UTI / bladder symptoms. Wrists have been sore. Alternating from R to L. A knowing pain in the wrist.

- Daughter had first UTI - excruciating and couldn't go to work.
- My husband has a UTI
- My daughter has a UTI
- I've had one all month

Cough, cold, neck and shoulder back pain. Connection and disconnection is the central key. To a depth that is really quite something. That same level of connection in the world with unexpected people. Amazing and really beautiful. Really strong delusion of being an Angel. I had once - a powerful angel with wings, a spectre and a sword - Don't mess with my people!! Felt the wings go back into my body - really intense. My daughter's assembly at school- during the two minute silence, my wings came out

and enfolded the whole hall. DREAM - see my light being reflected back in people's eyes. Really beautiful.

Period pains- stabbing like a knife as if going right through. Like a knife from back right through to front. Drawing pains in groins. Headache - like someone wrapped tight bandage around head, extending down into roof of mouth. Had a lot of heat - sweat on lips and down back (normally chilly). Early on, getting up to go to the loo and then feeling suddenly really cold. Had a complete and utter meltdown - didn't want to speak to anybody.

I had a little jumper on- and stood there in the freezing cold, and my top was wet and I was racking and sobbing my heart out. Calmed myself down... Then had a complete and utter (meltdown). Like my whole body went whoosh / whack. Sobbing and couldn't stop. Couple of weeks ago, I ripped into my boss. Told him to stay away from me - because I would say something I would regret. Spoke to manager... I have had enough! Working there for 20 years. Things build and explode. More emotion - I really felt it. Unsupported. Feel myself getting choked and about to cry. There was more emotion there. Had enough of being spoken to like piece of shit. Being undervalued and unsupported.

DREAMS - trying to find someone - just corridors and doors, can't find where I am going. can't find people I want to. At son's football match - river was high. My son was under the water - floating down river. Could not get to him - son going to die. Screaming for help. All of a sudden, he just walked out and went to his mates. Walking round Tesco - got to the alcohol aisle, nearly cried cos I wanted to buy a bottle of alcohol.

Waking up covered in ice.

Lots of tears. Lots of crying.

Drank a lot of alcohol this month.

Suddenly wanted to cry like a child (whilst in a store). Strange feeling.

Attachment vs detachment. Didn't want to talk to anyone. Thought - I don't want to go home. Sort the dog out, don't want to see the kids. Didn't want to go home to my kids.

Stabbing pains in various places, lasting a short time. Very fleeting. Eye back through to ears. Generally, both eyes - feel as though running along a vein or nerve. As if something has just burst. Is that what a stroke would feel like? Fingers - odd feeling in index finger on R hand. Severe for a few secs. I was thinking about the Archangel Michael - asked him to take the pain away and it went away. If I have pain I talk to Archangel Michael. Flushed with sweat - had to go to the loo.

DREAM - somebody meant to be giving me a remedy. It was a jar of sand with a sculpted thing out of glass. Reddy orange sand with seaweed on top of it.

Wasn't here and didn't take the remedy. Had burning pain in uterus which I have never had. Only for an evening. Daughter had a UTI - woke up screaming in pain. Then, coming here - felt really disconnected - more from homeopathy. And felt wasn't confident, and detached. On Friday night felt completely stoned. Anything anyone did it was OK - their shit not mine. This morning - want to fight everyone. Ranting at others. I even called the toaster a bitch.

Ravenous hunger, whereas not normally interested in food. I had to get this new pickle. Branston mediterranean tomato chutney. Scouring the house. Would eat something then think - oh I will just eat that. Constantly hungry but nothing will satisfy me.

Cupboard cleaning. Explosion of anger - totally lost control.

Didn't make it to the loo in time. Diarrhoea and incontinence.

Death, accident. Grief, dreams of accidents.

UTI symptoms were suddenly better. But then it returned with a vengeance.

Time and appointments.

Time appears to have been affected. As if it is not measurable.

DREAM – urinated all over the floor.

DREAM – baking , trying to please my children.

Responsibility for children. DREAM – guilt.

Didn't get migraine during period.

DREAM - Mountain of white sugar crystals. Pure white.

DREAM – knife being sliced into my horizontally. Sliced through me.

Normally I bake but haven't this month.

Nightmare of being mugged.

Dream of having to make a decision that people would have to go and die.

Bladder and kidney symptoms. Neck pain and headaches.

Secretiveness and responsibility about having to act on sexual abuse. Worrying about the provers - whether I should protect or not.

More thirsty than usual.

So chaotic and unable to perform basic functions. Late every day for the whole week. Unmotivated. Felt like own worst enemy. Totally lost her mojo, can't be bothered to do anything.

Wanting to sort my will out.

Final Proving Group Meeting after 2 months

Provers speaking as one

Paranoia. Mums at school gate ignoring me. Numbness to things that should make me feel something more than I would feel. Underwhelmed.

Little girl – beyond attached to me. I can't remove her. She won't go to school - touching my skin constantly. She is sleeping on me. Pure attachment. Detachment from husband - both me and my daughter. First time ever. Stupid arguments about butter... etc...

Eaten more white bread than usual. Low spirits. Fed up. Pacing. "Sod you." to friends who don't make the effort.

Uterine problems. HUGE for me. Period pains for 3 weeks. But not period. Anger - RAGE.

Diarrhoea

Fuzzy, can't concentrate, can't see. If anybody wants me to look at or read something it's like "Fuck off, I am not doing this." Rage. Can't be bothered. Not as emotionally caring as I normally am as a person. Where one would normally be empathetic, I just don't give a FUCK. Cursing.

War theme. Images of war and people dressed in clothes from different period of time. Like the 40's. War energy, beautiful but strange. Colours - blue and green. Felt v. isolated from rest of the world. Very connected to death. Disorder - I just gave up trying to make order because it had a 'life of its own?'

Overwhelmed, victim to lack of order. I am quite a chaotic person. Less interest in trying to organise things. It felt like a separate entity - something else doing it.

Mother theme.

Wrists - alternating. Soreness from moving / turning the wrist.

Craved chocolate.

More open - I could talk to my family who have just passed. Felt as if they were present.

Headaches. Sore throat- prickly, spiky, dry mouth. PERIOD PAINS. Late menses, delayed / early.

Delusion - Angel, she is.

Over-emotional. Crying easily. Disconnected – very strong. Stoned. But then really struggled to have any care to do anything since.

There, but not there. Not in the past, not in the future. No focus, no drive. So I stopped going to gym, stopped cleaning house. Make your list in the morning... but didn't do it. Emotional detachment. Pick up on people's vibes, but I didn't care.

Speaking the truth. Remember not to make any rash decisions. Talking to people who are dead - huge overpowering smell of my grandad's aftershave. You're going to be alright... Then the aftershave smell went.

CURATIVE- Physicals - have to have regular peripheral vision tests. Eyes checked last week- R Eye has suddenly got all peripheral vision back. L also improved. Down from 12 to 3 red spots in R eye.

Eyes - incessant itching of the eyes. Struggled with long distance sight.

Haven't cleaned the house- it is just a pigsty.

Spiritual connection has been heightened - connecting with people on a deep understanding level.
People telling me what has happened during spiritual work. Came as a shock to me.

COLD. HOT.

Very emotional, weeping easily. Negativity vs creative. Procrastinating.

R sided tongue pain, recurrent- coming and going.

Proving themes

Connection / Bonding / Attachment

Hugging. Connection. Attachment. Friends. Protect from harm.

Feeling hyper connected, really vivid things, and really feeling a part of everything. Very significant and intense awareness of bonding and connection. Open conversations. Love, happiness, warmth. That same level of connection in the world with unexpected people. Amazing and really beautiful. . . My little girl is beyond attached to me. I can't remove her. She won't go to school – touching my skin constantly. She is sleeping on me. Pure attachment. . . We connected very deeply with one another, talking openly and holding hands, hugging and touching. . . I felt warm, cosy, loved and safe. It was an inclusive atmosphere and **it felt as if invisible barriers had been broken down**. We were all loved up, draped over each other - physically and emotionally connected. I seemed to be responsible for large groups of children. I was holding a baby over my shoulder and the baby was settling really well with me. . . Feel connected when I am outside. Everything nice and vivid. But when I come back inside, I feel disconnected. My focus is off. Can't pull myself into the room. **Connection and disconnection is the central key. To a depth that is really quite something.**

I felt very deep whilst meditating on the remedy after the ceremony. A deepness like I was deep inside of myself, truly connected to my inner being, at one

10 0 6.51 NS

Visions of electric strike, like in the cartoon sense. Metal pylons. Connecting.

0 00.00. RS

I have a light open feeling, i feel connected, it is light, smug and fun.

0 01.26. NS

I feel happy, connected, strong in myself, inner strength.

0 02.09. NS

I feel serious, but with fun. It is important, but light. It's about connection.

0 02.38. NS

My wife and i are at home, i put an old CD on we have not listened to for ages, mellow Balearic beats from Ibiza. It takes us back to our 20's when we were on holiday in Ibiza. We have a dance, with lots of smiles, i feel really close and connected with her. It feels warm, cosy and comfortable.

2 1 05.31. NS

Diving the car is lovely, it just glides along the road, watching the autumn landscape and golden colours pass by. I enjoy driving calmly and slowly and taking the scene in, i feel in the moment and connected.

2 15 08.09. NS

Evening. a really special time of closeness with two of my fellow provers. Sharing feelings on the group and how I feel outside of it (the group), not included. I know that it has changed forever now and it will never go back to how it was before. So grateful for this new sense of connection, love and closeness. So special.

1 XX.XX NS

I went to yoga 15 mins early by accident today and had an unexpected melding with my teacher who I have known for nearly 15 years. It was real connection, of the soul. Seeing and being seen, separation erased. She told me I have a beautiful, clear soul. We have never connected like this in all these years. We had a wonderful hug, true presence. It all felt amazing.

5 XX.XX NS

Today I had another amazing experience of connection. Of meeting another soul with no barriers in between.

6 XX.XX RS

I really wanted a cwtch (cuddle) from N, she gave me such a good cwtch and I could feel the emotion building up and I cried. I felt warm, loved and safe in her arms.

10 2 11.3 NS

At the time this happened I related this to a moment earlier on in the day when I realised that I feel completely grounded (because she wanted her hand held) at the same time feeling like I'm flying high.

10 2 NS

Driving home I felt whole, not split, like my inner little girl had come back and was part of me. We are together again. She has come home. Felt so happy. I am whole and now that she's come back we can't be split again because even if the remedy wears off I know where she is and that she is there, inside me, now. That can't change.

11 2 17 CS

Thinking back over time of proving, I've also cuddled the dogs more, when they're on my lap, stroking their fur, and enjoying their sheen. They are being over keen to jump on my lap, to the point I now don't want them up. I'm being less tolerant of them. Making them come up on my terms.

1 20 00.00. AS

Driving the car is lovely, it just glides along the road, watching the autumn landscape and golden colours pass by. I enjoy driving calmly and slowly and taking the scene in, i feel in the moment and connected.

2 15 08.09. NS

Evening. a really special time of closeness with two of my fellow provers. Sharing feelings on the group and how I feel outside of it (the group), not included. I know that it has changed forever now and it will never go back to how it was before. So grateful for this new sense of connection, love and closeness. So special.

4 1 XX.XX NS

I went to yoga 15 mins early by accident today and had an unexpected melding with my teacher who I have known for nearly 15 years. It was real connection, of the soul. Seeing and being seen, separation erased. She told me I have a beautiful, clear soul. We have never connected like this in all these years. We had a wonderful hug, true presence. It all felt amazing.

4 5 XX.XX NS

Communication with my mum is clearer and less loaded than usual (connection).

4 5 XX.XX NS

Today I had another amazing experience of connection. Of meeting another soul with no barriers in between.

4 6 XX.XX RS

After the proving meeting I went back into the state I had experienced most strongly on the first weekend of the proving - the feeling of deep love and connection - no boundaries, a kind of melting into the energy field of others. Such love. (Not for everyone - it's either a deep YES or a clear NO). I feel as though I am on MDMA

4 30 XX.XX RS

Mind moved to tears by the sense of connection with my fellow provers

4 1 19.24.00 NS

During the meditation following taking the pill I felt this warm feeling of being connected, in love, relaxed and bonded to the room, the group and the classmate sitting next to me. It was a lovely feeling and it felt safe.

5 0 00.00.00 RS

Bonding conversations. In each interaction I have with every individual I have a sense of calmness and overall feeling of connection and bonding. It feels warm, clear and intense.

5 1 Various points NS

Was flabbergasted at a colleague that's not usually affectionate hugging another colleague as she was cold. It was like watching a mother hug her child even though they are both the same age. They are newly working together so it was very odd, and I remember looking at them and thinking how wonderful it was to see them bonding!

5 4 22.00.00 NS

Intense group conversations discussing bonding, place in the wider group and packs. Throughout the proving weekend an individual who normally is distant from the group physically moved herself to be closer to me in class. As we sat after class for a glass of wine, I said that I was happy that we had got closer this weekend, and felt like we had bonded. She began to cry and said it had been lovely and that she often didn't feel part of the group. I then challenged softly what she thought the group was and how as individuals we have to also take ownership of our inclusion in a group. Another classmate also joined in the conversation and also felt more bonded that weekend and that she felt the group had always been in packs. We talked a lot more about the group and how we are as individuals and it was really lovely, and strong and intense. A third classmate joined the conversation and I found myself challenging, again softly, her outward language and approach. I told her bringing a more authentic self would be great to see as that person is awesome. It was taken well and also felt nice. We then took it in turns to say

one thing about each other that makes you awesome. It was a really lovely strong, intense, honest bonding kind conversation.

5 1 From 19.00 to 22.00 NS

Strong desire to attend spiritual events. Retreats, meditation, winter festivals of spiritual healing. Desire to be close to spiritual people. Want to be with people who are on another level. Want the warmth and connection from strangers and like-minded people. Want to feel light and express the love, bonding and connected feeling I am experiencing. Want to be more 'spaced out' than I am feeling but without drink drugs etc. desire for people to feel like me, and for people to encourage this loved up feeling more.

5 3 21.24.00 IOS

I generally believe my husband and I should part and I wouldn't care at all, which is odd because this remedy has given me thoughts of could I stay with my husband and make it work somehow. (normally planning on leaving and know I will be upset but for the best)

6 xxxx NS

I would not normally instigate hugs with people that are outside my immediate family and friends circle but I did with a number of people and then regretted sharing too much. I have been notorious within my group of friends to flinch at giving hugs to people that I do not know or I am not really familiar with.

8 day 28 Am ns

I felt very deep whilst meditating on the remedy after the ceremony. A deepness like I was deep inside of myself, truly connected to my inner being, at one

10 0 6.51 NS

I spent the evening with students from my group. We spent a long time discussing our group and whether people felt included or excluded from it. We connected deeply with one another, holding hands, touching, hugging, and I felt warm, cosy, loved and connected. I felt that we really bonded with one another and I felt safe and included. There was a very deep feeling of connection, as if invisible barriers had been broken down. It was a very deep, emotional, honest and positive experience.

11 1 9.x NS

Disconnection

Unloved. Hurt. Rejected. Isolation. Loneliness. Desire for solitude. Desolate place. Disconnection. Despondent. Joylessness. Despair. Feeling inadequate. Comfort eating.

*Woke at 3.33 am and cried in a way that felt so desperately low – an overwhelming feeling that everything was f***ed and wouldn't ever be better . . . I felt really low. Got home to dog, and felt overwhelming feeling that wanted to cwtch (cuddle). Felt so alone, nobody was there. For that to creep up on me felt so intense - we are not going there again. . . I didn't want to speak to anybody. Hurt, rejected and unloved, especially by those closest to me. Complete disconnect from my daughter. I didn't fit in. Felt sad, rejected, ugly. I feel a bit blue, low and depressed. Can't find my mojo. Low in mood, fed up with the constant dragging sensation. Despondent, low spirits. I'm still having trouble controlling my appetite - I want to eat all the time, even an hour after breakfast. It's as if I've given up all hope of having will power to stop myself. . . Profound isolation. I felt totally detached, as if I don't belong in this group. Strange because I felt not very bonded with people (tearful). Felt v. isolated from the rest of the world. Very connected to death. Detachment from husband- both me and my daughter. First time ever. Stupid arguments about butter... etc... Felt v. isolated from rest of the world. Very connected to death ... There, but not there. Not in the past, not in the future. No focus, no drive. So I stopped going to the gym, stopped cleaning house. Make your list in the morning... but didn't do it. Emotional detachment. Pick up on people's vibes, but I didn't care.*

Overwhelming desire to be cuddled and when realising I had no one to cuddle me I brought me to tears. I felt so alone and unlovable and a deep sadness within.

10 0 21 NS

I feel quite present with nature and the world but not with people. Present but also disconnected.

10 1 10.3 NS

S started to cry in class. Normally I would feel compassion and want to give the upset person a hug but I just switched off to her emotion, I felt so detached and that made me feel guilty.

10 1 14.48 NS

Can't get going. Feel very floaty and detached from everything. Can't be bothered. I don't have the focus or the will to do anything.

10 5 10.56 NS

Wake feeling incredibly tired, drained, lost, sad, just want to sleep all day and be alone

3 1 10.48 ns

Concurrently with above physical symptoms. Desire to lie down and be left alone.

4 25 XX.XX NS

There was this strange formal politeness between me and my friend which felt so wrong and when my massage was finished, I realised that I had been left alone and I wondered how I was going to pay them back for it.

4

World feels hopeless and black, want to be alone, in bed, don't want to think or speak to anyone

5 22.00.00 iRS

Feeling why is life so yuck, can't have anything my own way, overall feeling flat. Why can't I have more friends

6 16.00 AS Mind

Felt extremely low, disappointed, despondent, hurt, rejected and unloved, especially by those closest to me. I cried when I woke up and again in the evening. I wanted to be on my own and was in a very despairing and desolate place. I didn't want to speak to anybody. This lasted for two days.

11 26 X IOS

Present but not present, in a bubble, not sure I'd say it's detached, more like being a ghost, it's like people can see me but I'm not really here. It's a nice place to be, family members are noticing that I'm not responding to stress or aggravation in the same way.

10 3 18.3 NS

It's like no one can touch me, and by that I mean in an emotional sense. My emotions are not active. I am not responding to any stressful or overwhelming situations with anything but calmness and a kind of "I don't give a f**k" / "I don't care" attitude.

10 3 18.3 NS

I feel numb with regard to my emotions and my reactions to stress. It feels like I've flatlined

10 4 11.3 NS

Can't get going. Feel very floaty and detached from everything. Can't be bothered. I don't have the focus or the will to do anything.

10 5 10.56 NS

It's like I'm here but not here, an eerie feeling. Struggling with knowing what I'm meant to be doing in work today

10 5 11.23 NS

Out on a date at a gin bar. Felt like I really liked him and I could let him in but there's something there not letting me get attached like a wall or a barrier, I can't explain it

10 9 19.00 NS

I'm feeling like I've spent the last two weeks in a bubble. I've not been focused or driven. I feel disappointed in myself for letting my routine and my work slide. Had to remind myself it's the remedy

10 11 22.09 NS

Didn't feel like going out anywhere, wanted to stay at home alone. Felt content to be at home and was happy in my own company. This feeling lasted for the next 4 days.

11 3 x NS

Wake up in the middle of the night, so angry that I can't sleep. Feel not respected, not heard. Feel alone and like no one hears me or respects my wishes.

12 10

I feel a bit blue, low and depressed. Can't find my mojo. I seem to have lost my sex drive, I am not getting horny or thinking about sex at all. I think I should be, but there is no desire. Feel on my own.

2 5 XX.XX NS

I feel I am finally coming out of a down period, now my funk is lifting I can see I have been depressed and feeling low for the last ten days. I lost my mojo and enjoyment, everything felt like an effort, but now my bounce and joy is returning. Lovely. I feel like dancing.

2

My boyfriend is so distant and I will never inhabit the same space as him again

3 1 21.45 NS

Crying in my bed uncontrollably, feel incredibly sad, alone, forsaken and stuck – it's really overwhelming like nothing will be alright ever again

3 1 03.33.00 NS

I dream that I'm in a house which I've only visited in dreams before, but it's the same house. It's really big, a mansion, in north London where I grew up. The house is configured around a central space with stairs spiralling up and around to 5 or 6 floors, the ceiling height of the central room goes right to the top of the house and there are incredible hanging plants which reach all the way down to the floor for 6 ceiling heights above. the house belongs to a school friend of mine in the dream, I think it was my friend Olivia who I knew at primary school in London, her dad was one of the lawyers to the Queen and her house always really impressed me when I was little, as did her Dad. In the dream I'm pretending to be 'X' to the people who work at her house and for some reason they're believing me. I feel really happy to be accepted but also really nervous about her brothers coming home and realising I wasn't her. Suddenly her two older brothers come home from a Bat Mitzvah and they're comparing party bags and I'm hiding behind the sofa in this room which the 6xheight ceiling. One of them spots me and shouts and I have to run! I get the feeling it's something I do a lot to that family and I used to be really accepted by them but I wanted to be a proper part of their family so much that I went too far with pretending to be 'X' so I fell from being a family friend to a pest who they didn't want to know. I felt longing, jealousy, rejection and banishment to a life of loneliness with no joy or luxury like they had in their lives.

3 8 00.00.00 NS

I just feel really anxious with no known reason. I woke up filled with dread about something but i don't know what it could be, but the anxious feeling is towards the kids and the prospect of being separated

from them at some unknown point... I just can't find my centre and I felt like something bad is coming. I've often had such a feeling in the past but not for a year or so, I used to wake up daily with this feeling of dread but it went through homeopathy and counselling... I feel annoyed that this feeling has returned because it's so dominating and I thought I'd beaten it. I wonder if it's because of the proving and feel fucked off that it could be, because I worked really hard to feel better...

3 14 700IOS

I've noticed I feel paranoid when going to the school gates, feeling my friends or mums that I chat to are ignoring me and having to really rationalise it. Concurrently with above. Desire for connection but feeling disconnected.

3 47 1500 ns

Disconnect with husband and daughter.

4 3 16.14 NS

The most clear and vivid part of my dream was the amazing plant growing in the hotel room at the end of the bed. The really long stems were uneven in texture and covered in extremely sharp thorns. Quite high up they became very leafy - the leaves were small and light green to pink. It grew quite twisty and seemed a very strange choice for the bottom of the bed (it covered the whole wall). My friend was letting me stay for a while because I needed a break (from my life). I would sit for ages in the hotel lobby watching all the comings and goings - it was huge and busy, it felt like an airport. I felt isolated and disconnected from everyone.

4 9 XX.XX NS

Dream - about the passing on of knowledge. The apprenticeship was a lonely, isolated role though (disconnection). They would be left alone in the woods for the masters to collect as everyone watched secretly to see what would happen from the bushes. There were a lot of rules, but it was really difficult to come by all the information as "the powers that be" were not keen on being transparent. The main feeling for me was frustration. I wanted to do the right thing but I didn't have enough information.

4 10 XX.XX NS

Dreamt that I returned as a student to a school that I had been away from for years. I tried talking to people and making friends but they just wouldn't let me in. I remained a total outsider.

4 11 XX.XX NS

Dream - I was going to get married to the son of a wealthy family. They did not approve. All of the wedding stuff that they produced was full of photos and information about the family and the guests but there was nothing about me at all. It made me feel like an unwelcome outsider. I was passing the time leading up to the wedding diving in the sea to collect something. But when I dived all I found was stacks of empty rotting animal hutches. I met someone down there who was moving and speaking as if on dry land. He looked at me like I was really weird for not being able to be as he was. Total disconnect, very strange.

4 12 XX.XX NS

I can't remember my dream very well but I know there was a strong birthday theme (in real life it is my daughter's birthday today). There was a sense of disappointment, of things never being quite right or as people wanted them to be. A gap in the understanding and expectations. Disconnect.

4 13 XX.XX NS

Dream - What I woke up remembering from my dream was that one friend was being shamed by another for still carrying big feelings about a miscarriage she'd had years ago. It felt unfair that she should be shamed for that - she had carried that baby to term and gone through labour. That is not something you ever get over. But somehow, though I felt that strongly, I couldn't find my voice to fully stand up for her. Disconnection from my power.

4 18 XX.XX NS

The first part of my drive home was really scary - it was dark and foggy and I felt like I could be on any road going anywhere - no way of knowing where on earth I was (complete disconnect). It was a relief to get onto the busy main road and motorway and back to civilisation (connection). This drive was in stark contrast to the drive home after my last weekend at Hawkwood when I felt so calm and happy.

4 30 17.15.00 NS

Feet feel like ice blocks. Like they're not my own. Disconnected. Cut off by the ankles. Blood flowing to the ankles and back up again. Visions of morgue like feet.

5 0 1 NS

Irritation with husband, and he irritated with me. It's very unusual for us in the 10yrs of marriage to have this irritation with each other. Feel like there's a complete disconnection. Like as if there has always been this disconnect and we've never been aligned. It is very odd as we have always prided ourselves on being 'a team'. That was our saying, we worked together and have always been very aligned and connected. When I realised we were arguing about the butter dish I realised this was a big change and only during proving!

5 xx NS

During class felt a quiet calmness about everything. Just wanted to sit and listen quietly, take it all in. Felt slightly removed, disconnected but fully aware of lesson.

7 1 15.14 NS

Dream - connection and disconnection. I was part of a group that worked in some kind of organising, like a cool version of a town planner. Sometimes we were so connected and creative and in the flow and all would go right. Other times it was completely the opposite - no connection, everything going wrong, everything difficult.

4 6 XX.XX NS

Dream - I was travelling but in another world in the equivalent of 3rd world countries. I think I was travelling with a group but I felt alone, excluded. I experienced a lot of generosity from the people as well as the darker side of theft and trickery. Feelings of connection//disconnection.

4 17 XX.XX NS

Dream - I was at my cathartic meditation event, ready to jump into the process but it just didn't get started. People kept talking and interrupting and it just couldn't get going. I felt really frustrated. Later on, there were multiples of each person, alive at the same time as a child, a young adult and a middle-aged person. Someone wanted to get rid of these abominations, but each of their selves had to die at exactly the same moment or they just popped back into existence. They were on the run together, looking after each other with such care and tenderness.

4 51 XX.XX NS

I don't want to do this world anymore, just want to get off the world

6 08.30 RS

I started Reiki training this evening but also had reiki done on me but didn't feel anything done to me.

6 21.30 NS

Chest tight, want to cry, legs wobbly. Anxiety kicking in big time. Feel I cant cope with anything. Feel sick at thought of doing anything, going home, being around people. Tears welling up as if they're going to explode. Feel so tight in chest that think I'm struggling to breathe but I'm not actually struggling. Want to just go away from everyone, don't want to speak, feel everyone's criticising. Cant concentrate.

7 14 00.00.00 IOS

Didn't want to be in the room, take notes, felt stupid. Just sat and re-dotted the 'i's on top of all my words on page of writing. This continued for the whole day, just sat within myself as if not there

7 2 07.12.00 NS

During class felt a quiet calmness about everything. Just wanted to sit and listen quietly, take it all in. Felt slightly removed, disconnected but fully aware of lesson.

7 1 03.21.36 NS

I feel separate - but not in a bad way. Chilled out. It's ok. I'm allowed to matter.

9 2 Morning NS

Out on a date at a gin bar. Felt like I really liked him and I could let him in but there's something there not letting me get attached like a wall or a barrier, I can't explain it

10 9 1900 NS

I feel quite present with nature and the world but not with people. Present but also disconnected.

10 1 10.3 NS

No reaction to stress, just general calmness and lack of emotion. Feeling of being present but not present

10 9 XX.XX NS

It's like I'm here but not here, an eery feeling. Struggling with knowing what I'm meant to be doing in work today

10 5 11.23 NS

Deleted significant phone number from my mobile phone. Felt like the right time to do it. I no longer feel any connection to the person and don't want to pretend that there is a connection when there clearly isn't one. Afterwards I felt a sense of relief.

11 3 16.1 NS

I feel devoid of joy. I received my assignment feedback which was marked as a model answer and was positive and affirming. But I felt nothing. Emotionless.

11 17 14.20pm NS

Feeling low in mood and want to cry. I want to go home, leave the classroom or go and lie down on my own in a room. I feel as if I could slip into a blank space.

11 1 9.54 NS

The interesting thing about this is though that my boyfriend and my eldest daughter's Dad meeting and burying the hatchet has been something I've longed for for such a long time, but it happens and I don't feel that bothered! I'm happy and relieved but not as much as I always imagined I would be. Feel a bit numb

3 37 x NS

No reaction to stress, just general calmness and lack of emotion. Feeling of being present but not present

10 7 XX.XX NS

Saw my godfather in ASDA who abandoned me. I was not upset at seeing him, I felt numb towards him.

10 4 11.30 NS

I feel numb with regard to my emotions and my reactions to stress. It feels like I've flatlined

10 4 11.30 NS

overwhelming desire to be cuddled and when realising I had no one to cuddle me I brought me to tears. I felt so alone and unlovable and a deep sadness within.

10 0 21 NS

Started to overthink after the guy I went on a date with said he's got to work away. The negativity and the sadness set in. Felt like I was going into the darkness. Had a bath and went to bed to stop my mind churning

10 15 18.30 IOS

Dream - During the provers meeting I remembered a dream I had last week about mothering, which had strongly affected me. The dream was as follows. Dreamt that my three guinea pigs escaped from their hutch, running away under the hedge and fence into next door's garden. I managed to get them to come back to their hutch but they're not happy, they're cold. I'm worried I'm going to lose them and I know that they don't want to live here anymore as they don't like it, because they don't like me. I'm in Sweden or Scandinavia, touring around a big house with paintings and crafts in large castle rooms. The atmosphere is welcoming and calm. I had to do an assault course

with my family which we did silently. I didn't think I could do it but I went across a plastic/long beanbag across a high drop to the floor where there were crash mats. People outside the castle were saving overturned boats and exploring the arts and crafts. I thought I'd got on well with one of the women at the castle but she rang me up to tell me that she doesn't like me because I'm full of rage and anger. As she said this I realised who she was, the goddess Gaia, Mother Earth, and felt devastated. I felt hurt by Gaia as I thought we'd got on well and that she might be a friend. Everyone at the castle was calm, gentle, kind, low voiced but they didn't like me. I didn't fit in. Felt sad, rejected, ugly.

11 1 x NS

Felt extremely low, disappointed, despondent, hurt, rejected and unloved, especially by those closest to me. I cried when I woke up and again in the evening. I wanted to be on my own and was in a very despairing and desolate place. I didn't want to speak to anybody. This lasted for two days.

11 26 X IOS

Mothered

Maternal. Nurturing.

Feel like regressing – really strong desire to suck my thumb this morning. In fact I did, secretly behind my scarf. Felt like a child, and started crying but not knowing why. Dream: all of a sudden, my mum steps out of car – see her crystal clear. She came up and hugged me. She was really tiny. All I wanted to do was keep holding her . . . Mum had come out on remand from prison – trying to clear her name . . . Wanted to be mothered. Little girl – wanting to be looked after. Attached to the kids so much that I feel really afraid of leaving them. Giving hugs to people. Urge to come out of bathroom in bra and knickers and bond with the girls. Started baking, which I have never done. I want my baby to have the experience of baking. Maternally linked. A nest. The smell of the baking, warmth of home and children to have that memory . . . Woke at 3.33am and cried in a way that I felt so desperately low – an overwhelming feeling that everything was fucked and wouldn't have been ever better. I felt really low. My mum came in so loud were my sobs. My baby had a night terror at exactly the same time. When tried to get back to sleep, it was unreal how cold I was. Completely covered and shivering. Really, really, intense! Like there's no hope. Felt really alone. Like my own 1 year old was forsaking me. If my mum hadn't come in, I would've just carried on crying. My mum and I don't normally hug very much. When someone gives you a really nice hug, you kind of disintegrate. Felt like I was losing it. . . Like I was able to be child-like. Want to go back to B&B. I feel looked after there. Like a mum! That's what I need so I am going to go back there. . . Dream - funeral of friend from school - her mum. Old school friends there. Was just there - all of a sudden, my mum steps out of car - see her as crystal clear. She came up and hugged me. She was really tiny. All I wanted to do was keep holding her. Mum had come out on remand from prison - trying to clear her name. Eating chocolate, on a lawn. Little girl - wanting to be looked after. Attached to kids- so much so that feel really afraid of leaving them. More overly affectionate to people I wouldn't be. Giving hugs to people. Normally quite a private person but I had this urge to come out of bathroom in bra and knickers and bond with the girls. Bought loads of brown clothes. Suddenly wanted to cry like a child (whilst in a store). Strange feeling. I don't want to go home. Sort the dog out, don't want to see the kids. Didn't want to go home to my kids.

Daughter will not leave my side. It's like she is attached to me again. Doesn't want to go to school, wants to be with me every second of the day. Always wants to touch my skin. Wants to sleep only with me. Not keen on her father. This theme is usual for her, however it has a massive intensity to it during these last few months.

5 xx INS

Having had a day of wanting to nod off, I decided to try an early night. When in bed sleep did not come, still awake until around 11.300. I was thinking how the day had gone, all the different things other students had felt during the day. The feelings of wanting Mum hugs, this struck a chord with me as my Mother wasn't forthcoming in that area. In fact, it was always an arms-length relationship with both Mum and Dad. Which is why I tend to Mother other people now, having missed that in my childhood. When others were having meltdown moments and bursting into tears, it was difficult not to start crying myself, feeling their emotion.

1 2 20.30 NS

It was a restless night, waking up numerous times to urinate (normal) but my brain wouldn't shut up! There were many things on my , from the hedge trimming, leaves, homework, friend coming to stay. I wonder why some people seem to sail through getting their tasks done, while others struggle, what is the motivation factor that's missing? I've heard that those who have had nannies as children are less inclined to be good employees, less inclined to get work done. Yet two of my siblings are so active you would be put to shame. And all of us were cossited by nannies. I didn't come to any conclusions but the mind has had a thorough bashing to get a grip!

1 5 xx.xx AS

Went to run a bath and there was a baby spider in there, I would usually send it down the plughole but I thought to myself that it was a baby so it needed to be saved!

10 2 19.35 NS

I really wanted a cwtch from N, she gave me such a good cwtch and I could feel the emotion building up and I cried. I felt warm, loved and safe in her arms.

10 2 11.3 NS

I have a sudden strong urge to bake with my eldest daughter which is something I never do and it feels really important that we get it right and create a special memory, like time is passing very quickly and soon she will be leaving home and I'll miss my chance to spend time with her (she's 6). It's very irrational but i feel overcome with the emotion of her leaving me one day!!

3 7 10:00 NS

My eldest daughter, is supposed to be going to her dad's for three days this half term but I have a really intense feeling she shouldn't and needs to stay at home with me and the baby. I usually look forward to her visiting her Dads as it only happens once or twice a month but this time I just dread it. I usually feel anxious before and wish she wasn't going but this time I act on it and cancel, which is unusual. I feel like she needs to stay in her nest.

3 10 20:00 IOS

Wake with the strong desire to bake again and tidy the house so I set to work mixing the cake, I make orange polenta cake, and while its baking I totally blitz the house and really want the heating on so its very cosy.

3 13 8:00 RS

My boyfriend has never met my eldest daughter's Dad before. They have hated each other from a far and it has been SUCH HARD WORK being between them, making sure they never cross paths etc etc. Usually I would focus way too much on appeasing my boyfriend and respecting his feelings but instead I do NOT CARE about his thoughts about not coming and only care about the girls and how essential it is they aren't separated on her birthday to appease the men. So I really put my foot down, and felt zero guilt which I normally would. I just focussed purely on the kids... and it all worked out fine!! the men met and it was totally fine.

3 36 xx.xx NS

Dream - I was working hard to try to bring down a group of corrupt politicians. I had to persuade people who were afraid to speak to me and give me their stories and their evidence. My mum was worried for my safety and wanted me to let it go, but I was determined. There were scenes of kids being chased by baddies who were trying to kill them. I was buried alive in the desert and every time I dug myself out I would sink in again like it was quicksand. It was a horrifying fight for my life.

4 50 XX.XX NS

Mother called. Had been drinking and upset. Normally I'm instantly angry and shouty. Today I was calm and listened. I hardly said a word, but said it was ok and I would still help her. The conversation felt like the end for her. Following the conversation I began to cry and then weep. Two main thoughts; I can't help her, and I wish she could hear me. She said she is not the 'looking after' type. She did give me a lot though. She has made me who I am. I have given as good as I got. I have the sense of separation, like it's ok to separate. I can be a person not her daughter. It's a calm sadness. But it is very sad. I can't fix it, I can't heal her pain.

5 1 12.15 NS

Was flabbergasted at a colleague that's not usually affectionate hugging another colleague as she was cold. It was like watching a mother hug her child even though they are both the same age. They are newly working together so it was very odd, and I remember looking at them and thinking how wonderful it was to see them bonding!

5 4 22.00 NS

Mum issues kept coming up then I got goose bumps when the last person mentioned mum.

6 18.01 NS

Desire for massage treatment. Desire for warm care and nurturing. Want to feel even more relaxed and cared for. Always have enjoyed beauty treatments, but this is a real desire for a warm couch, warm oils, warm blanket and warm hands. Flowing movement to steady my energy. Not feeling cold physically.

5 10.30.00 IOS

Child wants to play 'hatch little chicken over and over. She goes under the bed covers and I have to lay on her to keep her warm and then say 'hatch little chicken, hatch' and then she is reborn. As first I thought it was just a game but she wants to play it ALL the time!

5 xx NS

The whole group went through with M and mum issues kept coming up then I got goose bumps when last person mention mum.

6 00.14.24 NS

Trying to sleep but kept on hearing voice saying everything is now clear. I just want to go back into my dream and hug my Mom, she was so small in it, tiny.

7 1 xx.xx NS Delusion; voices, hears

I was on police patrol with N from the class when I spotted my son walking down the middle of a main road. I pointed him out to Nina and said we had to save him. As we approached him he fell down a hole. When I got to the hole, it was like a skip under the road. L (as a small boy) was down there shouting mummy mummy please save me.

9 2 early hours NS

Vaguer dream detail than before - involved one of Lewis's friends who he has known from being in nursery - Benedict. B had some how been cheating in some important exams and had been found out. I was discussing this with Lewis and was expressing my view that it was because he hadn't had good mothering.

9 4 early hours NS

Decisive in a self focussed way. I'm going to stay at Mandy's all weekend and enjoy the relaxation and lack of responsibility and 'being looked after'.

9 0 178 mins NS

Spent a long time talking about my mother and how I wasn't mothered by her. I mother her rather than the other way around. Felt sad, angry and wish things could have been different. It seems very unfair.

11 4 20 NS

One of the fellow students asked if I was alright. She said I looked like a little girl. I said no, I wasn't alright. Another student invited me to sit in her chair. I sat under a blanket, up to my chin, and cried briefly, I don't really know why. I'd found the morning's teaching challenging and felt full of self-doubt. Have I done the right course? Should I have studied something else instead? Although it is normal for me to experience self-doubts, it is unusual for me to cry, especially in front of other people (there were five others in the room). I felt like a little girl and just needed to let it out. My fellow student brought me a cup of tea and a biscuit. It was lovely, as I felt cared for and looked after. I felt little and small as well as a bit silly. Then started giggling and laughing.

11 1 14 NS

Was flabbergasted at a colleague that's not usually affectionate hugging another colleague as she was cold. It was like watching a mother hug her child even though they are both the same age. They are newly working together so it was very odd, and I remember looking at them and thinking how wonderful it was to see them bonding!

5 4 22.00.00 NS

Angel / Light

Calm. Peace. Serenity. Tranquillity. Love. Communication.

Really strong delusion of being an Angel. I had once - a powerful angel with wings, a spectre and a sword - Don't mess with my people!! Felt the wings go back into my body- really intense. My daughter's assembly at school- during the 2 minute silence, my wings came out and enfolded the whole hall. DREAM - see my light being reflected back in people's eyes. Really beautiful. . . Had a second angelic delusion - I felt my wings come out again and enfold all the people in the hall, holding them in love, in light, and in safety . . . The feeling that I am light, that light is coming out of me, that I am somehow glowing, that people can see and recognise the light in me, that I can see it reflected in them. I was walking around town and felt as if my heart had been cracked wide open and the light was beaming out . . . as if I was glowing.

The clearing, as the meditation progressed to feeling the light shine down on us, I envisaged a powerful beam of bright white light, as I looked down the top of a large pink sphere with fissure engulfed by gas-coloured flames, ranging from electric blue to orange and yellow, mesmerising.

1 57 18.30 NS

In meditation i sprouted wings and became an angel. A powerful one with huge wings and light beaming out from my chest and a sword in my hand. I was the protector and my message was "don't mess with my people". When my wings went back inside me I was really aware of the place in my back where they had entered inside me and of the front of my body where the heart energy was beaming out. The two places are equal and opposite.

4 6 XX.XX NS

Went to attend my daughter's class assembly on Remembrance. I was really touched by what the children shared and it made me tearful again. During the 2 minute silence I had the delusion that I was an angel, my huge wings enfolded everyone in the hall, holding them, full of light, safe.

4 21 14.35 NS

The clearing, as the meditation progressed to feeling the light shine down on us, I envisaged a powerful beam of bright white light, as I looked down the top of a large pink sphere with fissure engulfed by gas coloured flames, ranging from electric blue to orange and yellow, mesmerising.

1 57 07.12. NS

Feel lights are too dim , would like clear white light

12 4 14.35 NS

Throughout the day great need for light. Want of white light, not yellow. Find all the lights in my apartment too dim, too yellowy

12 2 XX.XX NS

Nervous at light dimming

12 17 16.03 RS

I'm left with the feeling after this dream that I am light. I could see that light reflected in other people's eyes, a kind of recognition (the old man, the teachers) in my dream. It makes my heart swell in love.

4

Calmness / grounding / contentment

During an exchange with my friend and parenting expert, when I was consciously moving into pain and sadness, after not much time I came out the other side of the feeling into a real peaceful and energetic state. I went right through the sadness and beyond it into the place that. I suppose is always there, where it was enjoyable to rest in the soft buzzy energy and calm. It was beautiful.

4 7 13.42 NS

Liked being in the calm room, during meditation I saw a golden dog with quite a pointy nose. My mind had finally become calm and I was able to reach my spirit guide once again, as I hadn't be able to for last month or so as was too busy.

6 xx.xx

I was just sat with *I* as we didn't fancy socializing and liked being in the calm of the room with one other person

6 01.27

Calm feeling

7 0 0.1 OS

Twice there were noises outside in the corridor, once people talking, laughing outside door, second time sounded like someone cleaning. Thought why? normally quiet during class. Wanted to say sshhh. I felt annoyed but in a calm way.

7 1 xx.xx NS

I feel happy and content, because of my dream. Like I've been emancipated from something I've carried my whole life

3 4 00.00 ns

Had a very open conversation with husband, where he expressed his anxiety around not having enough time to relax and breath. Always too busy and not enough time. He's never complained of this before! I also felt very calm and relaxed in the conversation and felt open to talk about anything.

5 13.15.00 NS

Bonding conversations. In each interaction I have with every individual I have a sense of calmness and overall feeling of connection and bonding. It feels warm, clear and intense.

5 1 xx.xx NS

Peace and calmness within

10 13 6 NS

No reaction to stress, just general calmness and lack of emotion. Feeling of being present but not present

10 10 XX.XX NS

Very stressful day, no anxiety, just calm and relaxed. So chilled out

10 3 21.1 NS

Normally I would be in a state of panic and anxiety at this, I hate being late, I hate missing things and I hate when my routine gets messed up but I felt so blasé about it. It didn't stress me, I felt completely calm and had this kind of f***-it attitude, I'll get there when I get there.

10 1 XX.XX NS

My daughter called to say her phone had broken and she needed a new one. Normally I would be annoyed with her as I had only paid to have hers fixed less than a week ago and apart from the cost the lack of care for the phone would annoy me but I was so calm and again I felt detached and just said "oh well you need and phone, it couldn't be helped"

10 1 16.08 NS

S also started to cry and we are quite close and although I held her hand I didn't have the urge to cwtch (cuddle) her. I felt her emotion but I didn't feel like it was a cwtch she needed, she just wanted a hand to hold I think.

10 2 11.4 NS

So tired and lethargic today but that was from staying up late. Still have a general feeling of calmness

10 15 6 RS

Water

Weeping. Tearful. Bladder. UTIs. Menstrual changes. Thirst.

Sobbing - couldn't stop . . . Need to go to the loo – desperate and can't get trousers down for a wee . . . Every time I raised my voice to my kids, I wee'd myself a bit . . . There were a lot of tears during the proving. Both happy tears and sad tears. Times when I felt like I was channelling the sadness of the whole World through me. Sometimes it was crying for no reason at all. But it did feel really cleansing. More than once I felt my throat or lungs stick together, and I had a watery runny nose. Dream: I was on a sandy horseshoe-shaped beach surrounded by cliffs with the sound of waves crashing and falling. I could see the calm sea, sand, cliffs, seashore. UTI symptoms that have been going all month.

Bladder, Urinary

Woke up this morning with intense period pains, made me have to get up out of bed. Had symptoms of a UTI, with blood and a shooting pain up the bladder. Lying in bed... Eurgh... Prior to wknd. Kept having feelings like needing to go to toilet, and also had UTI symptoms that have been going all month. In night, went for a wee and the urine was normal. Still had sensation that needed to go, and then suddenly felt like - actually no you don't need to. Went back to sleep, all day no burning pains on urination. Pain at the bottom of the womb - almost like a bladder infection. Constant pain there all the time. Sensation that need to keep going to loo. I need to go to the loon - I am desperate and can't get trousers down for a wee. Every time I raised my voice to my kids, I wee'd myself a bit. Every time I raised my voice. If I didn't wee myself, my heart felt not OK - so I had to lie down. Latch key bladder- normally have an accident as soon as I get home put key through the door.

I have found that the need to rush to urinate when the urge takes me or the feeling of not being able to hold it in is present over the last few days. Was very prominent just now which prompts me to mention it in the diary.

1 9 18.45 NS

Urination, pressure to go, before I go out, rushing to when I get in, can be up to three times a night, if I'm in competition - many times before I have to play. Since taking the remedy I've found more urgency in this department. On waking, Certainly after 9 holes of golf - even though I've been before going out.

1 9 xx.xx NS

Later on, energy sensation gone but intensity of period pains drove me out of bed at 07.30 had a massive evacuation on the toilet, and then the feeling in my bladder of a UTI. Cutting pain upwards and sensation of not having fully emptied my bladder, and the desire to pee a minute later. I worried that I would not be able to treat the uti with a remedy without ending my proving journey. I don't want to do that. The feeling in my bladder was less intense after my shower but not gone. Period pains also less intense but not gone.

4 1 07.20.00 NS

Awoke needing a wee but decided to try and go back to sleep and ignore it.

6 05.30 NS

There have been occasions of a dribble of wee at odd times (can't remember anything outstanding to go with this)

6 xxxx NS

Been up about five times in the night for wee.

6 xxxx RS

What had woken me from my sleep was stabbing pains in my pelvis/bladder

7 4 5.09 NS

Bladder; urging; sudden, hasten to urinate. I had strong urge to go to the toilet to urinate

7 4 5.09 NS

Lately I've been having problems with incontinence, really struggling to control bladder, rushing to the toilet, getting worried about going places incase there's no toilet about. I am now aware that that sudden urge, desperate feeling has lessened. I haven't got 'latch key' bladder as bad, when I get home I can take shoes and coat off etc before going to the loo (if need to) instead of rushing and occasionally having slight accidents.

7 19 11.4 AS

Uterus

Used to have the worst period pains and this month they weren't there. Period pains for 3 weeks but with no period. Felt aware of my uterus. You know a body part is there and feel it. When got period it was different to normal - minor pains. But no migraine during period. Had it beforehand which is unusual. Period shorter and less heavy than normal. Period pains- stabbing like a knife as if going right through. Like a knife from back right through to front. Drawing pains in groins. Had burning pain in uterus which I have never had. Only for an evening. Uterine problems. HUGE for me. Period pains for 3 weeks. But not period.

High, Frivolous

Joy. Happiness. Laughter. Carefree.

Although I had been really excited to find out what it was, and high as a kite in the lead up to the big reveal and the closing ceremony, the whole thing felt like an epic come-down . . . We were giggling together like little girls . . . Desire to giggle, laugh at nothing. Hysterical laughter whilst doing proving ceremony, feels good to release something, mischievous and rebellious. Very light-hearted and frivolous. Carefree, couldn't be bothered to get glasses so swigged wine out of bottle . . . like I've been at Glastonbury for 3 weeks - woke up as if I am still spangled. On friday night, we were quite frivolous - we drank wine direct from the bottle, sharing the bottle of wine quite

literally. . . Like a little girl - like doing something really naughty. Really giddy over this wine. She said have you taken those pills today - you look a bit spaced out, like you're high. Like 2 little schoolgirls whispering and giggling in the corner. Really quite odd.

Hysterical laughter whilst doing proving ceremony, feels good to release something, mischievous and rebellious.

3 0 00.00.00 ns

Lots of laughter in the room. People seem happy and giggly.

2 0 XX.XX NS

Friend's observation - have you taken your proving? (Laughing) you seem a bit spaced out a bit high. We were then giggling together like little girls in kitchen about the silliness whilst we were preparing the remedy. Very light hearted and frivolous.

9 0 125 mins NS

Carefree, couldn't be bothered to get glasses so swigged wine out of bottle. Didn't want to drink much but it felt a bit naughty and rebellious to drink out of the bottle.

11 0 2.22 NS

I felt like I was in school, exchanging glances with other classmates and giggling at a funny noise in the corridor. The whole class feels like a school environment and I feel as if I've regressed to being a child, a schoolgirl. I feel laid back, carefree, happy, not taking anything too seriously.

11 1 14.44 NS

One of my fellow students said I looked like a little girl. I feel like one. small, carefree, playful, skittish, slightly vulnerable.

11 2 16.45 NS

Desire to giggle, laugh at nothing.

11 1 12.1 NS

Fuzzy. High. Drug-like.

*Like really deep. Feel like I have been at Glasto for 3 weeks. **Woke up and as if I am still spangled.** I feel like I have not done enough to hallucinate but in that spangly state - it's lush. On Friday night, felt completely stoned. Anything anyone did it was OK - their shit not mine. . . Feel a bit stoned or a bit high - a bit buzzy. **Constantly aware of a vibrating energy in all my body. Both nice and overwhelming. Going out into Stroud was all a bit too much. I am feeling like this, and everybody else isn't.** . . Now it comes in a bit of a **wave of intensity.** . . breathing. Crying. . . It wasn't despair, it was **overflow, bubbling up** of something that has to come out of somewhere. Couldn't make a decision. Stood in the shop, trying to decide which cake to buy. I know what I want normally. . . but now I am just woowooooo. . .*

Abuse

I had a horrible dream. At first I was a diamond thief, and I stole three expensive diamonds, I was in a city maybe Hong Kong. I decided to cover my tracks I would go to the cinema, I arrived at 11.55pm and there was a showing of the film I wanted to see at 12.01 so I went and bought two tubs of chocolate caramel ice cream and lots of chocolate and popcorn and went into the film. The staff were really nice to me, and when the police stormed into the theatre I was really ashamed and embarrassed that the staff who served the popcorn etc saw that I was a thief. Next I was walking arm in arm with a friend, not sure who, down a clearing between lots of trees, under a big monument statue with a chimney on top. Something told me a part of the chimney was going to fall and as I looked up, there was a huge rock of plummeting towards me, it fell just a step in front of me and a part broke off and hit my head. Next I was watching the dream instead of being the person in it, but the person I was watching was me, although it didn't look like me. There was the girl who had suffered the head injury, she was blonde and late teens. She was lying on her bed in a grand house and she was naked, it was daytime. I remember being quite shocked she was naked, because her father walked in. she looked at him with a nervous smile and he asked her if her head was better and she said yes but that makes me worried about you...Then the father said something reassuring like there's nothing to worry about. The next scene was the girl in a cellar, I knew it was the same house, and she was tied up in a bondage style way and her father was having sex with her. I was watching it in the dream like a film and I felt so overwhelmed with disgust I tried to turn it off somehow but instead it just sped up, showing more and more scenes of the abuse and then another man was there too...all I could think was how much I wanted to kill the men and I thought of her poor head having just recovered from this injury. All of a sudden I was in a different house, with my kids, preparing to go out and trying to finalise details of where I was going with my childminder. I didn't feel the kids were safe with just her though so I got another childminder to come round and be with her too. Then I left but immediately rang my boyfriend and asked him to go home and help the childminders with the girls. I was paying so much for the extra help but I felt convinced the girls wouldn't be safe otherwise. Then I was on a beach, with my friend who's a hairdresser and we were at the checkout of a beauty shop which was on the sand and she was making me pay for all this hair dye which wasn't for me. I felt angry about it but didn't dare say anything. All the time I was thinking about the girl in their basement and how I had to free her somehow. Then I woke up!! Now I feel dazed, disgusted and a bit traumatised. The sexual element of her relationship with her father does kind of make sense to me slightly in the way that I've never met my dad, and when I was younger I remember feeling uncomfortable when my friends Dad's would be around, I felt like they were predatory, especially one incident when I lived with my best friend in a flat when I was 20, and her dad came over and she was in her underwear and she sat on his lap and gave him a cuddle, and I was really disturbed by it I felt like it was a secret signal that there was something going on between them, I couldn't judge what was normal or not because I had no frame of reference. I've also always struggled to believe any relationship I might have with a man isn't related to some sort of condition of sex, because I haven't had many or any platonic relationships with men, like the one between a father and daughter, there's always a price to pay so to speak.

3 3 00.00.00 ns

In my dream I was being groomed (child abuse). I had to bury my child sized bike. My family were not there to protect me.

4 36 XX.XX NS

Dreamt of two people in work calling me, I picked up but then they didn't think I did. I heard them then talking about me saying I never pick up the phone (I always pick up the phone!). Then I instantly forgot the rest despite writing it down in the moment. I also wrote down 'Sexual abuse'. I don't know why I wrote it and cant remember the context. Went back to sleep.

5 0 12.01.00 NS

We were in my daughters bedroom and my husband had hit my daughter and I was stood behind him trying to stop him (but not physically) but scared myself (although in real life I am in an abusive relationship he has never hit me just pushed me around and other stuff but he did once hit my daughter four years ago when I had gone away for the weekend so this wasn't the same in any way apart from people) next bit in dream I had an itchy lower vagina.

6 xx.xx NS

I had two dreams, the bigger one I lost the other; there were big fat tigers walking around and the man in front just ignored them. Then I realized we were at a circus and they had been mistreated so I was training them with kindness and bits of meat. First they were sat on stools and I went and fed each one of the three a small piece of meat, then realized that's not a good idea, when they are used to eating something as big as my head. Next time I just threw big (leg of lamb size) bits of meat the man walked off unimpressed

6 07.05 NS

I was laid in bed and my husband had scared me so I was the other side of the bed on the floor crouching down, he came owner the bed grabbed my arm and some hair and I was a rag doll he pulled me onto the bed then he was sat on the bed and had two fingers at the top and two at the bottom and a wooden coffee stirrer in my mouth I couldn't understand what he was doing but I wasn't gagging then woke.

6 04.15 NS

This guy was talking to me then I slid off the sofa, he then had a white Dr. jacket on but wanted to look at the laser in my eye. did it all forcefully then dream followed on in a dark room and a few people but a young lady big teeth smile is talking above the others, then they are passing food out but instead of passing along she just puts it in her bag in the commotion. A friend decides he is going to inject a needle in me and pushes me into a cubicle I'm screaming not to inject me but he does then the dreams moves and I am talking to someone as I look down there is blood where the injection site is but its on the upper side of my lower arm. my arm and hands are swollen and my nails are dirty.

6 23.34 NS

Cant remember while dream but when I woke up I remembered a bit where I'm sat on floor with my back against a wall trying to bolt the door. My ex husband is other side saying "you cant keep me out, I'll get in no matter what" I could see his silhouette through the glass in door. I was petrified.

7 51 XX NS

I dreamt very vividly again, two dreams linked together, I was an assassin in both of them and had to kill a lot of people. I was being controlled by a group of men and if I didn't carry out the murders, they would hurt my family who they were holding in a warehouse, there were lots of girls and women being held there and trafficked for prostitution. I had such a strong sense in the dream that if I didn't do as i was told, my mum and daughters would be really harmed so I just did whatever they said. The dream was full of gruesome scenes of violence. In the dream i felt overwhelmingly frustrated but also so so angry and I knew i had a plan which would free my family, I wanted to kill the men in charge.

3 2 00.00 NS

Responsibility

Mother called. Had been drinking and upset. Normally I'm instantly angry and shouty. Today I was calm and listened. I hardly said a word, but said it was ok and I would still help her. The conversation felt like the end for her. Following the conversation, I began to cry and then weep. Two main thoughts; I can't help her, and I wish she could hear me. She said she is not the 'looking after' type. She did give me a lot though. She has made me who I am. I have given as good as I got. I have the sense of separation, like it's ok to separate. I can be a person not her daughter. Its a calm sadness. But it is very sad. I can't fix it, I can't heal her pain.

5 1 12.15. NS

Dream. I was like the Q (like in James Bond) for a bunch of spy kids (but at one point I was also a spy kid myself). I really felt a responsibility for these kids regarding the danger I was sending them into. For them it was like a game, for me it was deadly serious.

4 14 XX.XX NS

Dream - I was a teacher taking kids on a school trip (responsibility). I delighted in coming up with really exciting and unusual experiences for them. In another part I was running away from my husband with the children. I don't know why but the feeling was that i had to get away to be safe. In another part i was trying to please my parents - cooking nice things for them, but somehow I was always messing up and disappointing them.

4 19 XX.XX NS

Dream. of two sisters growing up, changes in responsibilities, moving from fear to confidence. Each one discovering in their own way - "I can", finding their power.

4 21 XX.XX NS

Dream - I was responsible for a big group of children- like a holiday camp leader. I was telling another adult about all the things my ex had given me when he sold his house. I had a huge collection of vinyl which I got out later for someone to play at a disco.

4 27 XX.XX NS

Dream - I was part of a small team employed to find people's remedies. We had one serious case and I was sure that the remedy was wrong. He was only being palliated by his remedy, there was no cure. The feelings of my team mates were hurt (or their egos) so they said I should just do it myself (feeling of responsibility). I had to go inside his head while he was dreaming and discovered that he was not at all who everyone thought he was. I was trying to do a wee but the drains were blocked and everyone's wee was swirling around on the floor and coming up my legs. I was unable to urinate.

4 31 XX.XX NS

In my dream i was responsible for everyone and we kept needing to move and I had to find new places for us to live. The last image before I woke up was of my daughters face crumpling in pain because her tummy hurt.

4 32 XX.XX NS

Dream - We were homeopaths, about to be qualified, doing a supervised case taking course where we had to stay on site. It felt like another country and there was a holiday vibe. I started smoking roll ups again, but it didn't matter, it was just for the trip. Some of the senior homeopaths didn't want to let go and allow us to take the cases. It was all a bit chaotic. The feeling was one of being held back, not being allowed to take responsibility.

4 40 XX.XX NS

Dream - I was at the school of homeopathy. Most of the village surrounding it was inhabited by different members of my (fictional) family. Everyone wanted a piece of me. I was always needed by one household or another to look after their kids or whatever. One day while we were in class they went off on a massive protest which was very noisy and disturbing. After, I was sat on the doorstep with a few kids waiting for the dad to come home with the keys. Another bit of the dream was bumping into a really old friend who I haven't seen in 18 years. He didn't know me. I couldn't understand why and it made me deeply sad - this sadness and confusion stayed with me throughout the day and I was still thinking about it at bedtime.

4 42 XX.XX NS

Dream - I was living in a community, I think we were displaced refugees. My daughter was chosen to play a live lounge session on radio 1 but I couldn't be there to support her because I had to go on some kind of mission to find a family for a child (responsibility). The first half of my daughters live lounge show went really well but then it went wrong. When I got back she was in a state. A friend arrived and said she would be going to the local college with me and I felt so happy to have someone familiar along with me.

4 43 XX.XX NS

Dream - I was with old friends in India only it felt more like France. We were so happy to see each other, there were many long hugs. We spoke about the young ones, who were kids before and now were grown up. There were families of leopards on the periphery and we were trying to locate them for conservation purposes to make sure they were ok. The overall feeling was a nostalgic happy sadness and responsibility and concern for the young ones and the animals.

4 53 XX.XX NS

Nostalgia, desire for home

Very emotional, watching old romantic movies, feeling choked, tearful. More than I usually am. Even sad war stories on the news, old veterans bring tears to my eyes, feel their pain in my stomach.

1 23 17.55 AS

Feeling homesick for Ireland, I was looking at properties on the west coast of Ireland this evening. I found one that was under offer that would have been perfect. I don't think it would take much for me to up sticks and move back. Certainly as a future choice I'm likely to make the move.

1 44 20.2 OS

Dream - I was with old friends in India only it felt more like France. We were so happy to see each other, there were many long hugs. We spoke about the young ones, who were kids before and now were grown up. There were families of leopards on the periphery and we were trying to locate them for conservation purposes to make sure they were ok. The overall feeling was a nostalgic happy sadness and responsibility and concern for the young ones and the animals.

4 53 XX.XX NS

Want to be at home with my family, want to leave college and get home and be in their arms. Plan to leave early. Get into the classroom and then want to stay. Indecision

5 1 13.20.00 IOS

Energy on the floor still. I want to go home and lie down.

10 5 11.44 NS

Didn't feel like going out anywhere, wanted to stay at home alone. Felt content to be at home and was happy in my own company. This feeling lasted for the next 4 days.

11 3 x NS

Chaotic

Disordered. Disorganised. Confusion. Misunderstanding. Mishearing. Forgetful.

So chaotic and unable to perform basic functions. . . Overactive, unable to sleep. Everything feels chaotic and disorderly. Incredibly unorganised . . . when I begin to think, my brain just creates a fog. Unfocused, lack motivation, unable to get on with daily life. . . Disorder- I just gave up trying to make order because it had a 'life of its own?'

I feel generally incredibly unorganised but not stressed about any of it. I think about what I have to do, and normally would become stressed by it but instead when I beginning to think about things my brain just

creates a fog, like a squid emitting an ink cloud it just stops the mechanism of worry and i just dont! But am at the same time aware of being scatty at the moment.

3 X NS

Woken feeling very stressed, like I don't have enough time to do what I need to do to get to college, feel very disorganised, chaotic and frustrated, must fulfil my maternal duty before I go i.e make packed lunch, get kids ready, I wish someone would help me.

3 00.00 NS

Disorganised, everything feels like it's fallen apart. Still can't get my routine together

10 12 17.3NS

I say I don't feel worried about being unorganised but my eldest daughter told me her teacher said 'your mummy isn't very organised is she' (because I forgot to return a permission slip on time) and I was so upset that I really messed up the driving lesson I had once I'd taken her to school. It really upset me because I felt exposed and like F was disappointed in me and I'd let her down. Usually, I'd march into the classroom and tell the teacher off but I just feel hurt! despite in my own head being aware of my scattiness and not minding...

3 33 x ns

I feel unfocused, lack motivation, unable to get on with daily life. I feel overwhelmed by everything that I need to do and extremely disorganised. I feel behind with everything, not on top of anything, I am forgetful and everything feels chaotic and disorderly. I haven't managed to complete this month's assignment and this never happens. Just not able to focus or settle to doing anything constructively. I lack concentration and focus and am finding it difficult to even write in the diary. This symptom lasted for four days.

11 24 X NS

Raging meltdown

Anger. Irritability. Intolerance. Frustration. Violence.

*Don't give a f*** what the world thinks. Had to curb it in. Had a complete and utter meltdown – didn't want to speak to anybody. . . Like my whole body went whoosh/whack. Sobbing and couldn't stop. . . Things build and explode – totally lost control. Feel very angry, irritable, short-tempered, grumpy, snappy and frustrated. I felt so angry I would describe it as incandescent with rage. Can barely tolerate anyone saying anything as they're all such f***ing idiots. Could easily break into a tirade of abusive expletives but just about manage to keep a lid on it. Want to fight everyone. Ranting at others. I even called the toaster a bitch. Explosion of anger – totally lost control. . . Bonding and connection at the beginning. Then 2 weeks in, rage and anger. Wanting to swear at people. 'I don't give a fuck what the world thinks' kind of attitude. Had to curb it in. Normally I say what I think. With this flippant quality - I just don't care. Really don't like myself as a person. . . I had a little jumper on- and stood there in the freezing cold, and my top was wet and I was racking and sobbing my heart out. Calmed myself down... Couple of*

weeks ago, I ripped into my boss. Told him to stay away from me - because I would say something I would regret. . . More emotion - I really felt it. Unsupported. Feel myself getting choked and about to cry. There was more emotion there. Had enough of being spoken to like a piece of shit. Being undervalued and unsupported. . . Felt like own worst enemy. Totally lost her mojo, can't be bothered to do anything. Fuzzy, can't concentrate, can't see. If anybody wants me to look at/ or read something - it's like f*** off, I am not doing this. Rage. Can't be bothered. Not as emotionally caring as I normally am as a person. Where one would normally be empathetic, I just don't give a f***. Cursing.

Feel very angry, irritable, short-tempered, grumpy, snappy and frustrated. Argued with my husband. Feel a poor third after his other commitments. We argued about the number of gigs he is playing, band practices and arrangements for seeing family at Christmas. I feel overwhelmed by talking about Christmas plans and arrangements and very intolerant of my husband. I felt so angry I would describe it as incandescent with rage. I really wish he'd just fuck off. Can barely tolerate anyone saying anything as they're all such fucking idiots. Could easily break into a tirade of abusive expletives but just about manage to keep a lid on it. These symptoms repeated for the following eight days. I want to be on my own and don't want to speak to anyone or spend any time with my husband.

11 9 X NS

Don't want to be in class, can't be bothered with all this stuff, fed up with class mate telling me what I can and can't do, told her to fuck off in a jokey way but inside I meant it. Someone said *who's got attitude today*.

6 10.00 RS

Anger towards everyone! Woke up in the night very angry at my child waking me up. Very shouty and raging anger. The anger stayed all the next day and I was describing to everyone that I was in a 'bad mood'. I had an overwhelming feeling that everyone (except my husband!) Was completely incompetent. At everything and anything?! I felt a lack of support from close friends and family and everyone else was just useless. I guess it was that I felt I was better than everyone, and more efficient. It was quite in a competitive light I think, which is new for me. I also have never felt any towards people in general!

5 12 06.48.00 NS

Massive row with husband just said may as well get divorced, he backed down and asked what I wanted, realized apart from divorce I didn't know, just unhappy couldn't think of anything that would have put it right. Rest of evening: flat, fed up, pissed off, don't want to live anymore.

6 xxxx OS

As I woke felt like I was sinking into my depression again, couldn't be bothered with life didn't want to get up as I wouldn't be able to pull myself out of this, as I can't even go for a walk with this planta fasciitis, the other remedy gave me, the weight is piling on again even though I'd restarted a diet a few days ago I can't walk just fed up and pissed off that I'm here again and homeopathy is supposed to help me. feel seriously pissed off.

6 7.30 OS

Major stresses at work today. I could feel it building up inside, like I was going to explode. I got angry and wanted to hit the person responsible. Anxious and violent in thought

10 11 15.3 IOS

Someone talking very loudly on the phone on the landing right outside my door. I just wanted to open the door and tell them to piss off and be more considerate of others here

10 2 7.3 NS

Still very angry, irritable, short-tempered, bossy, overbearing, feel like I'm a nightmare to live with. I'm snappy with my husband and he said I'm like Jekyll and Hyde. Felt very angry with my mother about an argument that happened on Monday between one of my brothers and one of my sisters. Mum didn't mention the incident, but I felt cross with her about it. I felt so angry because she didn't deal with the argument between them, but behaved helplessly. I want to swear at everyone and tell them to fuck off.

11 12 X NS

Although I couldn't remember my dream clearly, what was very clear was that I was angry, enraged by some kind of injustice.

4 16 XX.XX NS

Aching heart, sat down to calm down, involuntary passing of urine. When I started getting angry with my children my heart /chest area started aching

8 10 12:00 NS

Icy fire

Heat. Cold. Temperature fluctuations.

Uterus felt as if it was on fire - alive, active and full of energy. I suddenly feel hot and red-faced and peel my layers off. I had red eyes this evening, they were itchy and found it was difficult to read. Coldness throughout my body, accompanied by shivering and goosebumps. I felt as if I were sitting with my feet in ice. Thighs felt hot, full and thick . . . all of a sudden felt boiling hot and clammy. Heat was in diaphragm, and feet were boiling, tingling . . . When I tried to get back to sleep, it was unreal how cold I was. . . Cold all day, in the evening had a massage. Everything was boiling, and the hot stones were boiling. But my feet were freezing. 'my feet feel like ice blocks, like not my own, disconnected and cutoff at the ankles. Like blood going down but missing out my feet. Saw my feet as being like the feet in a morgue. Horrible sensation- as if my feet were not my own. Thighs felt hot, full and thick. Cold person all the time. Sat eating my tea, all of a sudden felt boiling hot and clammy. Heat was in diaphragm, and feet were boiling, tingling, sweaty back of neck and inside elbows really hot and shoulder blades down spine. Had a lot of heat - sweat on lips and down back (normally chilly). Early on, getting up to go to the loo and then feeling suddenly really cold. Waking up as if dosed in ice.

Snakes

We are talking about snakes in class and I remember that I had a dream last night about three snakes hanging from a fence, all intertwined as one I couldn't tell where they ended and begun, it looked like they were just one three-headed snake. It was mesmerising and the snakes felt really symbolic and important

3 2 12.32.00 ns

I'm a snake being chased by other snakes and they're coming from every direction and I'm terrified, I don't think I'll be able to get away

3 20 4 ns

There were snake experts and snake lovers who had volunteered to handle them so that people could watch and learn. One almost seemed to fly through the air and bit the man right in his neck. He could not get it off him so others rushed in to help. It was highly venomous and he died right in front of us. Later I was at a place like Hawkwood with amazing food. Some of the connection /disconnection issues were arising. There were also lots of pranks being played.

4 8 XX.XX NS

Of snake on the floor, someone with me

6 xxxx NS

Dream of a snake on the floor someone with me stepping into like a light wood elevator with big sliding door to shut out the snake and then reopened the door and see lots of small silver machines on hooks (like a shop). Slid the door again and it was chaos with a row of people but over on left side was an old male friend who had lost (as in died) a little boy and wanted to talk to him but every time I tried I got this version of him I didn't like. Then back in the lift and was talking to someone but her name was (was something else) someone and I was holding a small knitted purse with a zip at the top and a knitted purple flower stuck to the front but each petal was meant to be a different colour but it wasn't. Each colour was meant to represent each chakra level, so I said that didn't work we may as well of visited each level and she started crying. then woke.

6 xxxx NS

Dreamt of coiled snake

6 xxxx NS

Appetite

One day I ate a whole madeira cake to myself. Beige food! Have been eating loads of bread this month (unusual). Weight has been a massive issue this month. Gone up a whole clothes size in one month. Just ridiculous. Ravenous hunger, whereas not normally interested in food. I had to get this new pickle. Branston Mediterranean tomato

chutney. Scouring the house. Would eat something then think- oh I will just eat that. Constantly hungry but nothing will satisfy me.

Lethargy

Finally dragged my ass out of bed. Been awake for a couple of hours and not moved. Felt motivated to get up once I saw a teeny bit of sunshine.

10 22 9.3 OS

Feelings of the day were wanting to nibble food all day, With extra energy when food was about. A bit like when sheep are about to be fed and the excitement of anticipation of grub about to be on offer. The rest of the time general lethargy, difficulty following the lecturers train of thought. Appetite increased

1 2 xx.xx AS

It's my eldest birthday party on sunday and usually I would have planned it months in advance and bought everything and more but this year literally havent done a thing past booking hall and doing invites! On one hand it feels quite nice to be fraught with all the details but on the other hand I am a bit alarmed at my lack of motivation.

3 35 x ns

Afternoon / evening feeling flat can't be bothered

6 xx.xx RS

Feel flat can't be bothered with life, don't want to do anything (going to do a yoga nidra to see if that helps)

6 14.58 OS

Flat feeling but also a feeling of a need to get on

6 xx.xx RS

Realized I always bake for college and haven't this time and I normally strip my bed at college but haven't this time.

6 xxxx NS

At college I would normally strip my bed but I didn't this weekend

6 xxxx NS

Don't want to get up don't want to do the homework and don't want to come to college. Just want to do what I want. Haven't done any house work in two weeks and don't care haven't cooked any meals either.

6 08.45 OS

Feeling really depressed again, don't want to do anything other than sit and stare out to nothing.

6 13.30 OS

indifference, apathy Have no enthusiasm to do anything, house is a mess, can't be bothered to clean, want to curl up on sofa and do nothing. Cooking is too much effort

7 XX XX OS

Complete apathy to any cleaning/ house work. I normally clean my house regularly on a particular day and I am grossed out when I can see dirt and clutter accumulating. This was completely absent for a number of days

8 day 20 All day ns

Heavy feeling behind the eyes and extremely tired, lethargic

10 1 11 NS

Finally got up. I feel like I cannot be arsed today

10 3 6.55 NS

Didn't get up for the alarm again, lay there for half an hour feeling tied

10 11 6 NS

Have felt so tired and lethargic all day

10 2 19.3 NS

Didn't wake feeling energised but feel better than yesterday

10 6 6.3 NS

I'm so tired I could sleep at my desk.

10 5 14.2 NS

Again no energy by the afternoon even though I wasn't at work or dealing with wedding stuff. Had just been to town for essentials, not even walked the dog and just crawled on the sofa to go to sleep for an hour. Feel exhausted and can't be bothered with anything although I know I should.

10 21 15 RS

Managed to do some housework. I'm really really annoyed with the lack of drive and motivation to do anything right now

10 22 18 RS

Ooops slept for three hours. Still don 't feel as if I have an energy or motivation though. I'm starting to get annoyed with myself because I feel everything from work, to housework to my studies are falling behind

10 20 18 RS

I feel like I am sidetracked from everything I'm meant to be doing. I have my lists in the morning that I make. After work I am so drained and still have this general feeling of I can't be arsed. I'm getting home eating, walking the dog and going to bed. Feeling disappointed in myself.

10 20 18.30 RS

Couldn't be bothered to walk the dog but putting my bike gear on and going for a ride out to see if it helps

10 22 11.30 RS

So tired and lethargic today but that was from staying up late. Still have a general feeling of calmness

10 15 6 RS

Energy on the floor still. I want to go home and lie down.

10 5 11.44 NS

Chronological Mind entries by prover

Prover 1

While the pillule was melting in my mouth my lips felt dry and I needed to keep licking my lips. In the 10 mins meditation, saw an image of water splashing off a roof over a gutter **catching the light**, it could also have been a small stream, splashing over a rock. I saw each drop of water as it caught the light. **Then my mind was seeing shapes that formed into an eye** - it was pig like, small with pink skin around flat surface not like an eye socket - the eye retina was a pale jade colour but there was no pupil, just solid jade, almost like someone who is blind but not. Then the image of a left eyebrow, close up to see the hairs, which were dark. I then formed an **image of a red circle with a halo of orange around it, the red turned to purple which then formed into swathe of colour coming out of the circle becoming purple totally in field of vision. Just as we were coming out of the meditation my thumbs that were pressing together had a strong pulse.**

1 0 12.00.00 NS

Having had a day of wanting to nod off, I decided to try an early night. When in bed sleep did not come, still awake until around 11.30. I was thinking how the day had gone, all the different things other students had felt during the day. **The feelings of wanting Mum hugs, this struck a chord with me as my Mother wasn't forthcoming in that area.** In fact it was always an arms-length relationship with both Mum and Dad. Which is why I tend to Mother other people now, having missed that in my childhood. **When others were having meltdown moments and bursting into tears, it was difficult not to start crying myself, feeling their emotion.**

1 2 07.12. NS

I was very irritable at coffee break, the biscuits were not out ready! Felt very annoyed as the lady who was behind the counter knew we were there and was slowly putting out the cups and obviously taking her time. After about 10 mins waiting I'd had enough and went through to the kitchen. Luckily I didn't burst in all guns blazing, and composed myself to ask nicely for our biscuits. Success, so I felt glad I was able to resolve everyone's hunger pangs without causing a scene. It was quite amusing, felt like being back at school, banging table to show disgust!

1 2 09.36. NS

I went to a garden centre with a friend, there were wooden trough like items for sale, thinking of something that I could use to feed the sheep. It was quite expensive and was for a ladder like plant arrangement. The image of us all wanting food at the weekend like sheep about to be fed came to mind!

1 3 07.12. NS

Hard to get motivated today. **Tasks seem to be overwhelming.** Feel as though I need to give myself a good shaking.

1 4 10.48. AS

It was a restless night, waking up numerous times to urinate (normal) but my brain wouldn't shut up! There were many things on my mind, from the hedge trimming, leaves, homework, friend coming to stay. I wonder why some people seem to sail through getting their tasks done, while others struggle, what is the motivation factor that's missing? I've heard that those who have had nannies as children are less inclined to be good employees, less inclined to get work done. Yet two of my siblings are so active you would be put to shame. And all of us were cosseted by nannies. I didn't come to any conclusions but the Mind has had a thorough bashing to get a grip!

1 5 xx.xx AS

Awoke with a **positive mindset to get to grips with overeating**, especially during this proving! As my track record so far has been not good.

1 7 03.36.00 NS

While shopping I had a spacey feeling while at the checkout. Not enough to say I felt unsteady but as if there was pressure around the temples causing a feeling of slight lightheadedness.

1 7 01.12.00 NS

I have thoughts of revisiting old instances of traumas in my life, trying to make sense of how they have made an impression on me. While trying to relate them to my current learning experiences, how do they fit into the miasms, which one would I choose that fits the picture?

1 10 02.24.00 OS

Short fuse, this afternoon lost my temper while trying to extricate my bike from the barn, started throwing things out of the way. Really felt annoyed, the fact that it's still a mess after so long, not getting to grips with the sorting all came to a head. My husband laughingly said enter it in your diary!

1 11 03.21.36 OS

Woke feeling that my day was going to go better. My face was still up but I wasn't going to dwell on it. It was the last of the 6 week physio sessions on my hip. I've set a few changes to my fitness schedules, which I hope will keep me moving in the right direction.

1 12 03.36.00 AS

Got to grips with some outstanding tasks, I feel as though I'm more positive about getting through the backlog. With more energy and commitment to complete them than I've had for a while. Sleep overnight - awake 23.54, 1.34, 2.00, these were min. 6 minutes awake there were others that were less than a minute that I haven't noted.

1 13 10.48.00 AS

Pushing myself more than usual today, creatively, so my confidence is growing.

1 17 08.24.00 AS

Thinking back over time of proving, I've also cuddled the dogs more, when they're on my lap, stroking their fur, and enjoying their sheen. They are being over keen to jump on my lap, to the point I now don't want them up. I'm being less tolerant of them. Making them come up on my terms.

1 20 00.00.00 AS

I was verbally under attack at a girls golf get together after a lesson having coffee in the club house, in front of three others, it made me feel sick in my stomach and was close to tears. Sadly I was just talking about homeopathy and she laid into me saying how it wasn't robust and that the NHS should not fund it. And the vaccination issues.... I don't feel that I have enough backbone or verbal jousting skills to stand up for myself or homeopathy under these circumstances. It took all my courage not to get up and walk out, but I felt very uncomfortable. I hope that as the next two years progress I will have more courage to back my convictions as it is a shame that bullies get away with this sort of unfeeling attack. I am not good at defending my opinions in front of a group of people, always the underdog. Still feeling a little Lac Caninum! from the last months homework!!!!

1 22 03.36.00 OS

Very emotional, watching old romantic movies, feeling choked, tearful. More than I usually am. Even sad war stories on the news, old veterans bring tears to my eyes, feel their pain in my stomach.

1 23 13.12.00 AS

Meltdown, unable to stem tears while speaking to my tutor. Took me quite a few minutes to compose myself. The experience took me back to school days, where I felt the issue started with me. It has followed me through my life. Never being able to shrug this barrier in my head so far. She kindly gave me time to get it together and I hope to try some different ways to overcome the issue. I have been more tearful of late. Certainly since taking the remedy. For the meeting. temperature control has been wonky, very tired, stabbing pain, a few dreams, one where someone was giving me a remedy but it didn't come in the pilule form it was in a glass scalloped jar full of orange-red sand topped with seaweed and shells. I seem to have a good day or two and then plummet. Still emotional to the tearful even watching something silly on the TV!

1 30 08.24.00 OS

Overactive, unable to sleep, neck and right shoulder really stiff.

1 30 10.33.36 NS

Heard a voice saying 6.30, sounded like my friend, but it must have been in my head, jumped straight out of bed and went to make a cuppa. The clock in the kitchen said it was 6.28. Seems as though my internal alarm clock now talks to me!! My friend who is staying with me said at 7.30 that when I told her this thought she had heard me say this before a deja vous moment....

1 30 06.00.00 NS

I helped a friend with their dog, who was killing chickens. After presenting our Ram to the young dog to help prevent him from worrying sheep, we proceeded to test him with first the geese then the chickens. The exercise has made me wonder how many hats can I wear? Over the years there are many things I've

had to learn many different skills. None of which has made me a fortune. The old saying came to mind, Jack of all trades and master of none. So feelings of inadequacy have been rearing their heads again. The saying Jack of all trades ..., was said of me by an ex employer in a derogatory form, I feel these sorts of comments deeply, taking them to heart. Rather than brushing them off.

1 38 08.24.00 OS

I had an urge to go out and buy a load of different yard brooms. Having found two that were rotten. I didn't just go and get a couple, came home with 4! Also ordering two ton bags of gravel for the drive while I was at it. The reason for the brooms, feeling of clearing up is strong.

1 39 01.12.00 AS

Enjoyed cleaning the barn with the new brushes!

1 40 02.24.00 AS

I was worrying about what to wear to the memorial service tomorrow and the dinner my husband had booked for us to attend on friday evening. I spent ages looking at some new outfits, but couldn't find anything better than I have already at home. I just ended up with a new scarf, with a scene of sunlight through branches depicted on it.

1 41 11.31.12 OS

Very emotional, having to go to a memorial service of someone I worked for. His son gave his epitaph and the whole congregation were in tears. A very moving event. I found it was very healing in clearing old pent up emotions. I was late because I'd been out to the sheep before I left, something made me watch them longer than needed so I was next to last entering the church. But my old boss would have enjoyed the fact that the sheep came first!

1 42 00.00.00 OS

Feeling homesick for Ireland, I was looking at properties on the west coast of Ireland this evening. I found one that was under offer that would have been perfect. I don't think it would take much for me to up sticks and move back. Certainly as a future choice I'm likely to make the move.

1 44 04.48.00 OS

My husband has had neck pain moving from left to right, then down to right chest. Following a flu vaccine earlier the previous week, so probably a mild reaction from that. I have felt very anxious for him as he didn't look well. Worrying that he might get worse. He was not himself. I find it hard to help him homeopathically as he is on a lot of medication, so feel he needs to tread that path himself if he chooses.

1 45 10.48.00 OS

Awoke with a mission to get certain housework tasks completed before breakfast.

1 49 08.24.00 OS

Fixing my mind on tasks is difficult, finding all sorts of jobs to do instead of my homework.

1 52 06.00.00 OS

Feeling tearful, my mind is so negative, thinking I can't get my homework finished, no good, thinking of giving up. This has been building for a while, along with finding it hard to sleep. I managed to find the strength to get the case finished, but it is not in my normal format, not cohesive, so I hope that the tutors will forgive any discrepancies.

1 55 13.12.00 NS

The clearing, as the meditation progressed to feeling the light shine down on us, I envisaged a powerful beam of bright white light, as I looked down the top of a large pink sphere with fissure engulfed by gas coloured flames, ranging from electric blue to orange and yellow, mesmerising.

1 57 07.12.00 NS

I woke early, with stillness in my mind I closed my eyes, I saw a fist sized sphere of embers burning their last energy before going out, the sphere diminished to the size of a pea and expired with a puff.

1 58 10.48.00 NS

Prover 2

I feel serene, light tingling, spacious.

2 0 01.40.48 NS

Lots of laughter in the room. People seem happy and giggly.

2 0 XX.XX NS

I have a light open feeling, i feel connected, it is light, smug and fun.

2 0 01.26.24 NS

I feel happy, connected, strong in myself, inner strength.

2 0 02.09.36 NS

I feel serious, but with fun. It is important, but light. It's about connection.

2 0 02.38.24 NS

2-3 people have uncontrollable hysterics, laughing and laughing, like school children, i joke they may wet themselves if they keep going. It is infectious and others laugh too.

2 0 XX.XX NS

I feel powerful, like i can get things done, fully satisfied, i want to achieve things, i can achieve things.

2 0 02.24.00 NS

I suddenly feel hot and red faced and peel my layers off.

2 0 XX.XX NS

My breathing feel easy, my airways are open, I appreciate each breath and feel full of gratitude.

2 0 01.55.12 NS

wife and i are at home, i put an old CD on we have not listened to for ages, mellow Balearic beats from Ibiza. It takes us back to our 20's when we were on holiday in Ibiza. We have a dance, with lots of smiles, i feel really close and connected with her. It feels warm, cosy and comfortable.

2 1 05.31.12 NS

I feel a bit blue, low and depressed. Can't find my mojo.

2 5 XX.XX NS

I feel i need to stop and relax.

2 5 XX.XX NS

Diving the car is lovely, it just glides along the road, watching the autumn landscape and golden colours pass by. I enjoy driving calmly and slowly and taking the scene in, i feel in the moment and connected.

2 15 08.09.36 NS

Prover 3

feel very calm and nonchalant about doing the proving, I hope I do feel things because it'll be disappointing if I don't, but I feel quite indifferent

3 1 00.00.00 ns

my boyfriend is so distant and I will never inhabit the same space as him again

3 1 10.48.00 NS

crying in my bed uncontrollably, feel incredibly sad, alone, forsaken and stuck, it's really overwhelming like nothing will be alright ever again

3 1 03.33.00 ns

I feel tired and calm, but quite down, like I lack energy to fight but feel fed up (with boyfriend)

3 1 00.00.00 ns

I feel very insecure about my relationship despite telling my boyfriend about the dream and him reassuring me it was totally crazy and would never happen. I feel panicked like its only just dawned on me that I could lose him! I feel frustrated and fat.

3 1 00.00.00 NS

Feeling very irritable, as if I really have been dumped for being fat! I feel stuck

3 1 03.36.00 NS

I feel very irrationally panicked that my boyfriend IS going to leave me, which is so out of character, we are a strong couple and have been together a long time, I never feel insecure

3 1 07.12.00 NS

This morning the home phone rang at 7am and I immediately thought that one of my relatives was ringing to say someone in the family had died, I was so sure. No one answered and I got up, did 1471 and it was my aunty ringing from New Zealand, but nothing bad had happened. Today in class my friends phone rang and the same thing happened I was totally sure she was getting a phone call to tell her someone had died.

3 2 00.00.00 ns

Again just like yesterday the dream has stayed with me very strongly and I feel angry and aggressive

3 2 00.00.00 NS

the sciatica is making me impatient and irritable with the children, it makes me feel tired and like everything is a chore

3 3 07.12.00 rs

woken feeling very stressed, like I don't have enough time to do what I need to do to get to college, feel very disorganised, chaotic and frustrated, must fulfil my maternal duty before I go i.e. make packed lunch, get kids ready, I wish someone would help me.

3 4 00.00.00 ns

I feel happy and content, because of my dream. Like I've been emancipated from something I've carried my whole life

3 4 00.00.00 ns

feel excited, positive, free to be back at college and away from the kids

3 4 00.00.00 ns

I think about the dream all day but don't want to tell anyone about it because I want to keep the memory private for myself

3 4 00.00.00 ns

I feel energetic again when a friend tells me her man troubles and I give her a lot of support and feel passionately about it even though it's a subject we discuss often

3 5 00.00.00 rs

I feel like I just want to drink lots of red wine and get nicely drunk, like it would be cosy and warm

3 5 00.00.00 ns

The feeling of sadness and like I'm being treated unfairly is really mounting up and I feel drained and like I have nothing to look forward to, I feel like a servant with nothing good in their life just work.

3 6 00.00.00 rs

the sciatic pain is making me grumpy but instead of being cross I just feel sad and like its persecuting me

3 6 07.12.00 RS

I have a sudden strong urge to bake with my eldest daughter which is something I never do and it feels really important that we get it right and create a special memory, like time is passing very quickly and soon she will be leaving home and I'll miss my chance to spend time with her (she's 6). It's very irrational but I feel overcome with the emotion of her leaving me one day!!

3 7 00.00.00 ns

my eldest daughter, is supposed to be going to her dad's for three days this half term but I have a really intense feeling she shouldn't and needs to stay at home with me and the baby. I usually look forward to her visiting her Dads as it only happens once or twice a month but this time I just dread it. I usually feel anxious before and wish she wasn't going but this time i act on it and cancel, which is unusual. I feel like she needs to stay in her nest.

3 10 00.00.00 IOS

wake with the strong desire to bake again and tidy the house so I set to work mixing the cake, I make orange polenta cake, and while its baking I totally blitz the house and really want the heating on so it's very cosy.

3 13 00.00.00 RS

I just feel really anxious with no known reason. I woke up filled with dread about something but I don't know what it could be, but the anxious feeling is towards the kids and the prospect of being separated from them at some unknown point...I just can't find my centre and I felt like something bad is coming. I've often had such a feeling in the past but not for a year or so, I used to wake up daily with this feeling of dread but it went through homeopathy and counselling...I feel annoyed that this feeling has returned because it's so dominating and I thought I'd beaten it. I wonder if it's because of the proving and feel fucked off that it could be, because I worked really hard to feel better...

3 14 00.00.00 OS

I'm feeling teary at anything this evening, watching a documentary about central American migrants and how their children are taken from them and it feels so real to me like I've merely managed to escape it happening to me. This topic often really affects me, as I'm sure it does most people, but I think it's because I know my grandparents were children in Auschwitz and survived, it really hits me because I feel like I have inherited experience of this stuff really happening. I feel so lucky to have my girls but scared they might be taken, and I have felt this before but not to such an extent that I feel it could be an actual reality. I feel distraught and scared

3 18 00.00.00 IOS

feeling very insecure about my body which I haven't for a very long time, all the food I've been eating recently feels like its sitting in my stomach like a slap of cold clay which I cannot shift.

3 22 X ios

I feel generally incredibly unorganised but not stressed about any of it. I think about what I have to do, and normally would become stressed by it but instead when I begin to think about things my brain just creates a fog, like a squid emitting an ink cloud it just stops the mechanism of worry and I just don't! But am at the same time aware of being scatty at the moment.

3 33 X ns

I say I don't feel worried about being unorganised but my eldest daughter told me her teacher said 'you mummy isn't very organised is she' (because I forgot to return a permission slip on time) and I was so upset that I really messed up the driving lesson I had once I'd taken her to school. It really upset me because I felt exposed and like Frey was disappointed in me and I'd let her down. Usually I'd march into the classroom and tell the teacher off but I just feel hurt! despite in my own head being aware of my scattyness and not ing...

3 33 x ns

It's my eldest birthday party on Sunday and usually I would have planned it months in advance and bought everything and more but this year literally haven't done a thing past booking hall and doing invites! On one hand it feels quite nice to be fraught with all the details but on the other hand I am a bit alarmed at my lack of motivation.

3 35 x ns

My boyfriend has never met my eldest daughter's Dad before, even though we've been together for four years. They have hated each other from a far and it has been SUCH HARD WORK being between them, making sure they never cross paths etc etc. This year my eldest daughter's Dad finally has a girlfriend so has suddenly decided he wants to meet my boyfriend and move on and forwards, but my boyfriend isn't as keen given how toxic eldest daughter's Dad has been in the past. My eldest daughter's Dad usually pays for her parties but has never come, and this year has decided he and I should co-host, which I feel is fair. my boyfriend refuses to come, and doesn't want our daughter, my eldest's baby half sister to come because he

hates eldest daughter's Dad that much!! usually I would focus way too much on appeasing my boyfriend and respecting his feelings but instead I do NOT CARE about his thoughts about not coming and only care about the girls and how essential it is they aren't separated on her birthday to appease the men. So I really put my foot down, and felt zero guilt which I normally would. I just focussed purely on the kids...and it all worked out fine!! the men met and it was totally fine.

3 36 x ns

I've noticed I feel paranoid when going to the school gates, feeling my friends or mums that I chat to are ignoring me and having to really rationalise it.

3 47 00.00.00 ns

I feel reckless and like I want to have sex with my boyfriend somewhere really inappropriate like in the loo at the gym or somewhere we might get caught. I haven't felt this way since we first got together!

3 49 00.00.00 rs

Prover 4

Desire for connection but feeling disconnected.

4 0 01.25.00 NS

Aware of sounds around and outside the room but unaffected. Mood more sombre, like a come down from the hysteria of earlier.

4 0 00.00.00 NS

Later on, energy sensation gone but intensity of period pains drove me out of bed at 07.30 had a massive evacuation on the toilet, and then the feeling in my bladder of a UTI. Cutting pain upwards and sensation of not having fully emptied my bladder, and the desire to pee a minute later. I worried that I would not be able to treat the uti with a remedy without ending my proving journey. I don't want to do that. The feeling in my bladder was less intense after my shower but not gone. Period pains also less intense but not gone.

4 1 07.20.00 NS

Evening. a really special time of closeness with two of my fellow provers. Sharing feelings on the group and how I feel outside of it (the group), not included. I know that it has changed forever now and it will never go back to how it was before. So grateful for this new sense of connection, love and closeness. So special.

4 1 XX.XX NS

moved to tears by the sense of connection with my fellow provers

4 1 19.24.00 NS

Intense energy, clarity listening to B. It is like I can feel what he is saying in my body. Is this the excitement being experienced energetically?

4 1 12.09.00 NS

needed to get down on the floor, stretch my body out. Intensity of feeling, all the attention of the room on me, overwhelming. Tears.

4 1 14.45.00 NS

I'm really sensitive. In an altered state. On the verge of tears.

4 1 13.09.00 NS

Today, feeling like my period is so heavy that when I stand up there will be a puddle of blood left behind. Also, fascinated with watching my menstrual blood in the toilet.

4 2 XX.XX NS

the biscuit I ate at break time was the best thing I've ever eaten. Just like the pizza I ate last night. Senses exaggerated.

4 2 11.XX RS

DISCONNECT with husband and daughter.

4 3 16.14.00 NS

During the afternoon. Complete focus on just one task at a time, forgetting all other things.

4 4 XX.XX NS

I went to yoga 15 mins early by accident today and had an unexpected melding with my teacher who I have known for nearly 15 years. It was real connection, of the soul. Seeing and being seen, separation erased. She told me I have a beautiful, clear soul. We have never connected like this in all these years. We had a wonderful hug, true presence. It all felt amazing.

4 5 XX.XX NS

Communication with my mum is clearer and less loaded than usual (connection).

4 5 XX.XX NS

Today I had another amazing experience of connection. Of meeting another soul with no barriers in between.

4 6 XX.XX RS

In meditation I sprouted wings and became an angel. A powerful one with huge wings and light beaming out from my chest and a sword in my hand. I was the protector and my message was "don't mess with my people". When my wings went back inside me I was really aware of the place in my back where they had

entered inside me and of the front of my body where the heart energy was beaming out. The two places are equal and opposite.

4 6 XX.XX NS

During an exchange with my friend and parenting expert, when I was consciously moving into pain and sadness, after not much time I came out the other side of the feeling into a real peaceful and energetic state. I went right through the sadness and beyond it into the place that I suppose is always there, where it was enjoyable to rest in the soft buzzy energy and calm. It was beautiful.

4 7 13.42.00 NS

I feel like this remedy is exactly what I needed in my life right now.

4 7 21.00.00 NS

After lunch utterly unable to get on with my homework. I can feel the clock ticking and time trickling away from me but I seem unable to take any useful action. It is very frustrating, locked into this lethargic fug.

4 19 XX.XX NS

Before I sleep, my husband massages my neck and shoulders for me, when he touches a certain point it is as if it unlocks the door to sadness again and there are more tears. This crying feels deeply cleansing and good.

4 20 23.00.00 AS

After dinner, I simply have to lie down on the kitchen floor. Its like a surrender to the support of the ground and allows a tiny amount of relaxation in the neck and shoulders. After some time, a great sadness comes and I start to cry. There is no reason for this, it is just a huge wave of sadness that I allow to wash through me. The crying feels good.

4 20 18.45.00 AS

I went to attend my daughter's class assembly on Remembrance. I was really touched by what the children shared and it made me tearful again. During the 2 minute silence I had the delusion that I was an angel, my huge wings enfolded everyone in the hall, holding them, full of light, safe.

4 21 14.35.00 NS

I spent some time lying down mid morning, surrendering myself to the earth to release my shoulders. I followed my body and let it move intuitively to feel good. At one point I put my right arm across my body with the elbow sticking up and I had the delusion that I was the earth - robed in green, fertile, full of peaks and valleys. Nothing to do, somehow passive and yet so full of life and potential.

4 21 11.32.00 NS

Concurrently with above physical symptoms. Desire to lie down and be left alone.

4 25 XX.XX NS

After the proving meeting I went back into the state I had experienced most strongly on the first weekend of the proving - the feeling of deep love and connection - no boundaries, a kind of melting into the energy field of others. Such love. (Not for everyone - it's either a deep YES or a clear NO). I feel as though I am on MDMA

4 30 XX.XX RS

The first part of my drive home was really scary - it was dark and foggy and I felt like I could be on any road going anywhere - no way of knowing where on earth I was (complete disconnect). It was a relief to get onto the busy main road and motorway and back to civilisation (connection). This drive was in stark contrast to the drive home after my last weekend at Hawkwood when I felt so calm and happy.

4 30 17.15.00 NS

I was on the phone to my supervisor. I looked at the clock and I thought it said 21.27. I looked again a couple of minutes later and it was 22.15 - I was completely shocked. A minute or two had passed and yet there was a huge leap forward in actual time. It makes me feel completely freaked out.

4 39 22.15.00 NS

Prover 5

Dreamt of two people in work calling me, I picked up but then they didn't think I did. I heard them then talking about me saying I never pick up the phone (I always pick up the phone!). Then I instantly forgot the rest despite writing it down in the moment. I also wrote down 'Sexual abuse'. I don't know why I wrote it and can't remember the context. Went back to sleep.

5 0 12.01.00 NS

Visions of electric strike, like in the cartoon sense. Metal pylons. Connecting.

5 0 00.00.00 RS

During the meditation following taking the pill I felt this warm feeling of being connected, in love, relaxed and bonded to the room, the group and the classmate sitting next to me. It was a lovely feeling and it felt safe.

5 0 00.00.00 RS

M getting the time completely wrong. It felt strange and marked that he got it so wrong.

5 0 00.00.00 NS

Exhausted. Want to sleep. Starting to feel cold again. Directly with the tiredness.

5 1 15.08.00 OS

Irritated by people talking. Stop talking. Feel angry, moved away from the talking at lunchtime. Had it before with sensitivity to noise.

5 1 13.30.00 IOS

Bonding conversations. In each interaction I have with every individual I have a sense of calmness and overall feeling of connection and bonding. It feels warm, clear and intense.

5 1 Various points NS

Intense group conversations discussing bonding, place in the wider group and packs. Throughout the proving weekend an individual who normally is distant from the group physically moved herself to be closer to me in class. As we sat after class for a glass of wine I said that I was happy that we had got closer this weekend, and felt like we had bonded. She began to cry and said it had been lovely and that she often didn't feel part of the group. I then challenged softly what she thought the group was and how as individuals we have to also take ownership of our inclusion in a group. Another classmate also joined in the conversation and also felt more bonded that weekend and that she felt the group had always been in packs. We talked a lot more about the group and how we are as individuals and it was really lovely, and strong and intense. A third classmate joined the conversation and I found myself challenging, again softly, her outward language and approach. I told her bringing a more authentic self would be great to see as that person is awesome. It was taken well and also felt nice. We then took it in turns to say one thing about each other that makes you awesome. It was a really lovely strong, intense, honest bonding kind conversation.

5 1 From 19.00 to 22.00 NS

Want to be at home with my family, want to leave college and get home and be in their arms. Plan to leave early. Get into the classroom and then want to stay. Indecision

5 1 13.20.00 IOS

Mother called. Had been drinking and upset. Normally I'm instantly angry and shouty. Today I was calm and listened. I hardly said a word, but said it was ok and I would still help her. The conversation felt like the end for her. Following the conversation I began to cry and then weep. Two main thoughts; I can't help her, and I wish she could hear me. She said she is not the 'looking after' type. She did give me a lot though. She has made me who I am. I have given as good as I got. I have the sense of separation, like it's ok to separate. I can be a person not her daughter. It's a calm sadness. But it is very sad. I can't fix it, I can't heal her pain.

5 1 12.15.00 NS

Anger building worried that I might be honest and direct with someone and hurt their feelings. Remove myself from the situation.

5 1 13.20.00 IOS

Looked in the mirror and face seems super clear. Eyes clear, outline

5 1 21.00.00 NS

Difficulty formulating words when typing. Putting the letters together is a struggle. And when I notice it's then a complete blank. Slow brain function. Like on half speed

5 1 21.49.00 NS

J completely getting the time wrong. Same stark instance as Mani, noticeable and odd

5 1 20.00.00 NS

Confusion in college around what time dinner was, was the bell rung too early?

5 1 18.30.00 NS

Strong desire to attend spiritual events. Retreats, meditation, winter festivals of spiritual healing. Desire to be close to spiritual people. Want to be with people who are on another level. Want the warmth and connection from strangers and like minded people. Want to feel light and express the love, bonding and connected feeling I am experiencing. Want to be more 'spaced out' than I am feeling but without drink drugs etc. desire for people to feel like me, and for people to encourage this loved up feeling more

5 3 21.24.00 IOS

Appointment made with homeopath. He called half hour early. Despite many reminders and him looking at his system he still called half hour early. He said he has NEVER been early for a patient. He generally starts 10mins late as he reads patients notes first.

5 3 09.00.00 NS

Was flabbergasted at a colleague that's not usually affectionate hugging another colleague as she was cold. It was like watching a mother hug her child even though they are both the same age. They are newly working together so it was very odd, and I remember looking at them and thinking how wonderful it was to see them bonding!

5 4 22.00.00 NS

Talking talking talking! Took customers out for dinner and I could not stop talking all night! It was like the Suzie show! Unlike me. I like a conversation and don't shy away from conversations but I felt the balance of talking and listening was out.

5 4 20.20.00 NS

Time turning so slowly. Working from home and get so much done, so much more than ever before. Feel like the day is endless and I can do everything and anything. Feels good

5 10 All day NS

Anger towards everyone! Woke up in the night very angry at my child waking me up. Very shouty and raging anger. The anger stayed all the next day and I was describing to everyone that I was in a 'bad mood'. I had an overwhelming feeling that everyone (except my husband!) Was completely incompetent. At everything and anything?! I felt a lack of support from close friends and family and everyone else was just useless. I guess it was that I felt I was better than everyone, and more efficient. It was quite in a competitive light I think, which is new for me. I also have never felt any towards people in general!

5 12 06.48.00 NS

Fear of robbers breaking into my house at night has reduced. There is still a thought there but not as intense as it has been before.

5 Daily NS

Had a very open conversation with husband, where he expressed his anxiety around not having enough time to relax and breath. Always too busy and not enough time. He's never complained of this before! I also felt very calm and relaxed in the conversation and felt open to talk about anything.

5 13.15.00 NS

Irritated by people talking. Stop talking. Feel like I want to be honest and tell them they are talking for the sake of talking, moved myself away from individuals as I felt it was the proving and didn't want to upset anyone with honesty. Cough worsened each time I got irritated by people talking.

5 xx INS

Daughter will not leave my side. It's like she is attached to me again. Doesn't want to go to school, wants to be with me every second of the day. Always wants to touch my skin. Wants to sleep only with me. Not keen on her father. This theme is usual for her, however it has a massive intensity to it during these last few months.

5 xx INS

Irritation with husband, and he irritated with me. Its very unusual for us in the 10yrs of marriage to have this irritation with each other. Feel like there's a complete disconnection. Like as if there has always been this disconnect and we've never been aligned. It is very odd as we have always prided ourselves on being 'a team'. That was our saying, we worked together and have always been very aligned and connected. When I realised we were arguing about the butter dish I realised this was a big change and only during proving!

5 xx NS

Group dynamics in college had changed and I could see someone upset someone and then people commented how they would then see that person instantly come and sit or kneel next to me to just 'chat'. Almost like a gaining my approval sort of thing? Very strange and others noticed it as well as me independently.

5 xx NS

Desire for massage treatment. Desire for warm care and nurturing. Want to feel even more relaxed and cared for. Always have enjoyed beauty treatments, but this is a real desire for a warm couch, warm oils, warm blanket and warm hands. Flowing movement to steady my energy. Not feeling cold physically.

5 10.30.00 IOS

Child wants to play 'hatch little chicken over and over. She goes under the bed covers and I have to lay on her to keep her warm and then say 'hatch little chicken, hatch' and then she is reborn. As first I thought it was just a game but she wants to play it ALL the time!

5 xx NS

Had sex three times in two days which is a little unusual. Both had a higher desire for sex than normal. One day before college weekend.

5 xx NS

Two separate individuals insulted me, again noticed by others. On reflection it felt like they were trying to take a 'bite' out of me, to try to challenge me, but then instantly back down.

5 xx NS

TIRED! yawning, no motivation. Just want to go to bed in a dark room

5 15.23.00 IRS

Felt motivated to exercise everyday in the morning. Feel like I have the energy and the time to now fit it in somehow.

5 Everyday NS

Time tuning so slowly. Working from home and get so much done, so much more than ever before. Feel like the day is endless and I can do everything and anything. Feels good

5 All day NS

Super efficient week. All homework completed in the week. Set up further work and meetings, started supervision. Loads of hours in the day!

5 xx INS

Prover 6

Feeling why is life so yuck, can't have anything my own way, overall feeling flat. Why can't I have more friends

6 16.00 AS

Woke in quite a jolly mood snoozed, when reawake slight panic attack

6 xx.xx OS

felt mild panic but it went.

6 7.10RS

Woke with that feeling of I don't want to face the work just want it all to go away. Now I'm a bit more awake there is a panic creeping in (both of the last symptoms are how my depression started)

6 xxxx OS

I am worried about falling asleep while driving home.

6 07.12.00 NS

Have been stressed due to phone being locked with threat from technical services of having to do a factory reset. More stressed than I normally would be over any phone issue. Don't know if it was I hadn't yet typed up proving notes or the remedy.

6 xx.xx NS

Really worried remedy was going to stay with me. I seem to want a lot of assurance it wouldn't. Back to being foul mouthed and not like the people here.

6 xxxx NS

A teacher said to put in; I am concerned I will be left with this remedies effects for ever Have asked several people and none of the answers have satisfied me

6 07.26.24 NS

Concern I will not be able to get out of this

6 08.38.24 NS

Liked being in the calm room, during meditation I saw a golden dog with quite a pointy nose. My mind had finally become calm and I was able to reach my spirit guide once again, as I hadn't be able to for last month or so as mind was too busy.

6 xx.xx

I was just sat with Isobel as we didn't fancy socializing and liked being in the calm of the room with one other person

6 06.28.48

So happy to be me again and have got rid of the remedy it really wasn't me being horrible and someone else said to me its nice to have you back again caring about others. Another person said you seem like the old you.

6 xxxx NS

Confused, head feels busy chaotic, can't concentrate to answer questions from others, could not face looking at any thing

6 12.40 NS

I generally believe my husband and I should part and I wouldn't care at all, which is odd because this remedy has given me thoughts of could I stay with my husband and make it work somehow. (normally planning on leaving and know I will be upset but for the best)

6 xxxx NS

Spent Saturday evening with three girls from our class who wouldn't normally mix with and it we all said it was unusual but good.

6 xx.xx NS

I think I will ring Head of the proving which seems silly but I can't even last till Friday I have my depression back. I don't want to do anything just realized I haven't done house work or cooking for me or family for at least two weeks. Started home work last night and couldn't do it couldn't remember how to set out a case, come to think of it I haven't been able to remember things. My friend said remember something from last week and it wasn't in my memory. I don't want to go and teach yoga today or go for the meal. Actually I do want to do things with people but only socials. (which isn't me as normally like my own company.)

6 07.30 NS

Slowly got worse as the day went on, when it came to talking about proving excruciating pain in right hip, no yoga moves would help then when we sat to meditate I felt like I was going to be physically sick and was crying but thought of my yoga and connected with spirit guide and then took control, told the remedy and proving to leave and it did. After I got the old me back calm, caring, non social went to bed early to enjoy me time. (remembered this was a feeling I had years ago when I was religious and they performed an exorcist on me and spirit left me it was like it was fighting to stay and it was the same experience this time when it we time to end the proving

6 xxxx NS

At college don't want to be here

6 xxxx NS

I don't want to do this world anymore, just want to get off the world

6 08.30 RS

I started Reiki training this evening but also had reiki done on me but didn't feel anything done to me.

6 21.30 NS

Felt flat and lonely

6 03.21.36 NS

I went shopping to try some clothes on and just wanted to cry I have put all the weight back on I lost two years ago. I am repulsed by my body, all the blubbery fat. Gone up another dress size this month . But have rejoined slimming world today with the incentive to getting back onto leather biking trousers for the spring.

6 xxxx NS

Woke with feeling I didn't want to get up and my body feels too heavy for me, not in a solid way but a blubbery way.

6 7.00 NS

homework feels just too overwhelming but running out of time

6 16.00 NS

Feeling why is life so yuk, can't have anything my own way, although I probably wouldn't do anything different and life would be more difficult, I still want it different to how it is. Overall feeling flat.

6 11.00 OS

I have so much to do this morning, I don't know where to start.

6 xxxx NS

I don't know where to start, feet hurt, neck hurts driving me mad, hip strong ache in ball and socket joint, no movement helps maybe from walking yesterday after three months off.

6 xxxx RS

I'm in a very odd mood, didn't want to go to drumming which I wouldn't normally miss and just went to bed and looked at Pinterest (going to bed a symptom from my depression)

6 18.00 NS

Just felt like I was running around for everyone else but no time for me

6 xxxx NS

Chose to feel cross on behalf of the teacher with college case, cross that someone in effect threw the remedy they had taken time to prescribe away. Normally I would let that go.

6 17.08 NS

Can't concentrate, nothing going in, all too complicated, want to just go for a walk.

6 01.12.00 RS

Needed to stop and close eyes in class in order to be able to concentrate

6 08.24.00 NS

Struggling to concentrate in class as tired.

6 12.43.12 NS

Can't concentrate in class neck aches.

6 03.50.24 NS

can't seem to find the motivation or concentration to do my D&P homework been sat in shed nearly all afternoon and done everything else but what I came to do.

6 xxxx RNS

Lost concentration again head fuzzy

6 15.30

Every time I try and write or type it's too difficult to understand

6 03.36.00 NS

Spent last half hour looking back over my life feeling philosophical

6 01.12.00 RS

I woke feeling I just wanted to hide from the world but this time I feel grumpy. Too awake to go back to sleep (which used to solve it when depressed)

6 07.20 RS

Noise of someone using a carpet sweeper outside of room made me want to go out and shout but didn't

6 11.31.12 NS

Noise of crisp packet and person in corridor really annoyed me

6 17.10 NS

Actually went out to corridor and loudly whispered to them to please be quiet as proving info going on

6 02.52.48 NS

Afternoon / evening feeling flat can't be bothered

6 xx.xx RS

Feel flat can't be bothered with life, don't want to do anything (going to do a yoga nidra to see if that helps)

6 14.58 OS

Flat feeling but also a feeling of a need to get on

6 xx.xx RS

Realized I always bake for college and haven't this time and I normally strip my bed at college but haven't this time.

6 xxxx NS

At college I would normally strip my bed but I didn't this weekend

6 xxxx NS

Don't want to get up don't want to do the homework and don't want to come to college. Just want to do what I want. Haven't done any house work in two weeks and don't care haven't cooked any meals either.

6 08.45 OS

Feeling really depressed again, don't want to do anything other than sit and stare out to nothing.

6 13.30 OS

Really had enough now , feet hurt because I went for a walk, lower back hurts where I tweaked it this morning. Neck still hurts head had another fuzzy moment like a crackling radio station but no sound. Really fat now up another dress size sense starting this and now this is tight too.

6 evening NS

Disgusted with my excess weight and cross I'd lost it all and now put most of it back on.

6 xx.xx NS

Feeling big and looking so unbelievably fat

6 22.10 RS

woke feeling very flat not wanting to get up and do yoga don't like my life how it's going the fact I can't go out in nature the fact I've let my home get grubby

6 xxxx

Crap Day don't want to live, hate my life.

6 xxxx OS

The whole group went through with M and mum issues kept coming up then I got goose bumps when last person mention mum.

6 00.14.24 NS

Wanted to be on my own and out in nature

6 xxxx RS

I felt fed up I could be out walking and missing the country side and nature (this planta phasitus is getting me down now)

6 11.00 NS

I woke feeling panicky but passed quickly.

6 13.12.00 OS

Woke really didn't want to get up but did my yoga and ok, got going have the odd moment where I panic husband is going to come into my room (long story from actually being abused) but the panic feeling is the same

6 xxxx NS

Don't want to be in class, can't be bothered with all this stuff, fed up with class mate telling me what I can and can't do, told her to fuck off in a jokey way but inside I meant it. Someone said who's got attitude today.

6 10.00 RS

Massive row with husband just said may as well get divorced, he backed down and asked what I wanted, realized apart from divorce I didn't know, just unhappy couldn't think of anything that would have put it right. Rest of evening flat, fed up, pissed off, don't want to live anymore.

6 xxxx OS

As I woke felt like I was sinking into my depression again, couldn't be bothered with life didn't want to get up as I wouldn't be able to pull myself out of this, as I can't even go for a walk with this planta phasitus, the other remedy gave me, the weight is piling on again even though I'd restarted a diet a few days ago I can't walk just fed up and pissed off that I'm here again and homeopathy is supposed to help me. Feel seriously pissed off.

6 7.30 OS

Still don't want to go to college and can't do this homework and why am I bothering to struggle with it I feel resentful that I have done this proving and now I am back on the path to my depression which was one of the things I was worried about and I'm not a nice person with this remedy and I don't like it. I feel anger towards the remedy as this isn't me.

6 xxxx OS

Snoozed for another hour as panicky, don't want to face the day. I want to feel safe (hasn't been this bad for a couple of years)

6 xx.xx OS

Woke feeling I'd had a rubbish sleep and didn't want to be the horrible person I seem to be on the remedy. Still felt very flippant and aggressive with an insatiable appetite.

6 07.30 NS

I really don't like my personality as it is now it seems at its worst when in the class room with my group.

6 18.30 NS

A teacher told us to record everything coffee break dragon fly flying around me outside then I looked up the spirit meaning and I was happy

6 xx.xx

I have an attitude of don't mess with me

6 17.00 NS

woke with panic didn't want to face the day, knew if I got up and went down shed and started home work I'd feel better but just laid and cried.

6 7.30 OS

Feel like crying

6 09.07.12 NS

Just realized I have been a bit stroppy this evening and when I mentioned it seems I have had a bit of an attitude the last couple of weeks or so

6 20.13 NS

Head not in a good place again some of my depression back. Feel I don't want to be in this life but not ready to die either. Just want to stay in bed away from everyone and everything but also feel like I need company. Can't or won't or don't usually talk to husband and no friends around.

6 0700 OS

Sat in class looked around and thought I don't like being in this group.

6 11.35 RS

I decided I'd had enough of being in and not walking so I was going to go out up the downs before my feet had chance to ache. I put as much gel insoles and heel cups as I could fit into my walking boots and off I went. It was great fresh air sunshine being in nature again. I felt every step but it was just pressure not pain.

6 08.30 NS

Fed up of being bloated and uncomfortable always here at college.

6 15.16 Rs

I woke feeling very panicky, fortunately had time to just stay and wait for it to pass.

6 xx.xx OS

Extremely tired Just wanted to go to bed and sleep

6 16.30 NS

Thought I feel more like my old self which is good because if that keeps going I'll be very strong inside (like when I came back from Canada a few years ago)

6 11.30 CS

Prover 7

I was out walking my puppy and he kept on jumping up at me for fuss, not normally like that as too busy investigating. Thinking about it he's been like that for the last few nights, **sitting close to me on sofa wanted to be stroked, stopping and wanting love whilst out on walks**. Lying on back wanting to be tickled (never normally does this as thinks we're playing so wriggles to get back up), quiet around me, calm

7 5 00.00.00 NS

Chest tight, want to cry, legs wobbly. Anxiety kicking in big time. Feel I can't cope with anything. Feel sick at thought of doing anything, going home, being around people. Tears welling up as if they're going to explode. Feel so tight in chest that think I'm struggling to breathe but I'm not actually struggling.

Want to just go away from everyone, don't want to speak, feel everyone's criticising. Can't concentrate.

7 14 00.00.00 ROS

My puppy is really nervous on roads, cars, I was willing this calm feeling I've been having to transfer onto him too

7 1 01.12.00 NS

Didn't want to be in the room, take notes, felt stupid. Just sat and re-dotted the 'i's on top of all my words on page of writing. This continued for the whole day, **just sat within myself as if not there**

7 2 07.12.00 NS

I really needed to get away from everyone after morning class. I felt so stupid during lecture, didn't know what others seemed to know easily. Got cup of tea and went outside. **It was cold and I was stood in just a thin jumper (normally feel cold and constantly wrap myself up when going outside) but I didn't notice it, didn't feel it. The tears just started to flow and wouldn't stop, dripping down onto jumper. My shoulders started to go up and down and I started to sob, became uncontrollable and my whole body started with wracking sobs and the cry/sobs became audible.** I must've been there for 15mins at least as noticed that break was coming to an end. Composed myself and went back inside. Went into toilet to tidy myself up (mascara black face) but as soon as I walked back into class and my friend looked at me all concerned, I started again and it all fell apart. I didn't know what I wanted to do, stay nor leave, **others** came over and I didn't know if I wanted comfort or to be left alone. **My body started to shake with the sobs and they just built up and built up. Totally fell apart. Managed to calm myself down but I was left subdued, embarrassed, and had horrendous headache in my eyes.**

7 2 07.12.00 NS

I have certain items under my pillow wrapped together with plaited ribbon. One of the items was half way down the bed, a purple silk bag containing lavender

7 2 01.55.12 NS

During class felt a quiet calmness about everything. Just wanted to sit and listen quietly, take it all in. **Felt slightly removed, disconnected but fully aware of lesson.**

7 1 03.21.36 NS

Chat with manager re confrontation with boss. Few weeks ago I'd had enough of being spoken down to, spoken to rudely, snapped at, so I'd told him exactly what I thought, how I felt. This was brought up with my manager who happens to be his wife and I explained that it had been brewing for a while and I'd had enough. Everything I do and the questions I ask about whether things have been done that need to be is to ensure that THEIR business runs smoothly. He is a 58 year old professional and should not speak to people so rudely. There are ways of saying things without snapping, or as I said biting my head off and spitting down the hole. I felt really emotional about it as it made me feel undervalued and unsupported as every time I try to get an answer re queries from him he doesn't want to know, She listened and asked how it

could be resolved so I said for him to stop speaking to me like that. This has happened before with regards to things brewing until I 'have a go' but this time was different as got emotional and filled/choked up.

7 27 03.36.00 NS

Have no enthusiasm to do anything, house is a mess, can't be bothered to clean, want to curl up on sofa and do nothing. Cooking is too much effort

7 XX XX OS

No energy, totally exhausted physically and mentally. Really want to quit college, can't do it, it's too much and I can't cope with everything. Have found myself snapping and being irritated by everyone. I really can't be arsed with anything or anyone.

7 14 00.00.00 ROS

Calm feeling

7 0 02.24.00 OS

My note taking is neater, clearer more legible

7 1 07.12.00 NS

Prover 8

Woke up in a bad mood, too much to do, feeling slightly over heated. This is unlike me as I normally wake up feeling fresh and inspired by a new day

8 15 7am NS

Continue to declutter, achieved but without the satisfactory feeling, loss of appetite in the evening. I continued the declutter but more out of a need to continue something that I had started. I finished with less of a feeling of satisfaction and I took far less time over it.

8 13 11.00.00 Os

I felt really absent minded. I discovered that instead of putting the box of chicken slices in the fridge I put it in the cupboard with the cling film. I also left the heater on all day and night which I would not be scrupulous about checking

8 23 pm ns

I went into a clothes store and picked up nothing but beige clothes which is unusual for me.

8 26 pm ns

I shared a room with two of my class mates. I would normally get dressed in the bathroom but I had this desire to come out of the bathroom in my bra and knickers

8 29 am ns

Complete apathy to any cleaning/ house work. I normally clean my house regularly on a particular day and I am grossed out when I can see dirt and clutter accumulating. This was completely absent for a number of days

8 20 All day ns

I was worried that I was preparing things at home in case I was to die at the residential weekend. My norm is feeling worried about the death of my loved ones but on this occasion, I felt I was getting everything in order in the event my own death, strangely I felt quite calm about it

8 27 All day ns

I would not normally instigate hugs with people that are outside my immediate family and friends circle but I did with a number of people and then regretted sharing too much. I have been notorious within my group of friends to flinch at giving hugs to people that I do not know or I am not really familiar with.

8 28 Am ns

In a group, I felt I missed social cues and shared too much and just spoke without being able to literally hear what others were saying in the group. It felt like I was not able to balance between the flow of giving and receiving in a conversation.

8 28 am ns

Desire to declutter in every drawer and corner, great satisfaction. I woke up and felt the need to sort through every envelop, cupboard and drawer in the house. I tend to enjoy decluttering but this was exaggerated and far more detail. At the end I felt so good.

8 12 Midday os

anxiety about death, mine of loved ones

8 19 07.12. as

Prover 9

M's observation - have you taken your proving? (Laughing) you seem a bit spaced out a bit high. We were then giggling together like little girls in kitchen about the silliness whilst we were preparing the remedy. Very light hearted and frivolous.

9 0 125 mins NS

Decisive in a self-focussed way. I'm going to stay at M's all weekend and **enjoy the relaxation and lack of responsibility and 'being looked after'.**

9 0 178 mins NS

Meditation - Racing mind and thoughts about evening tasks. Voice in head saying " Fuck that just call and get a bottle of wine and chill out."

9 0 00.00.00 NS

Driving to school - thinking about proving diary and colours. My life has moved from black and white, right and wrong. What is it now? **Pink came into head, smiling, this is lovely much better than b/w warm interesting exciting new full of potential**

9 1 09.15.00 NS

I feel separate - but not in a bad way. Chilled out. It's ok. I'm allowed to matter.

9 2 Morning NS

In classroom determined to sit on sofa and be in a comfortable position.

9 0 09.30.00 NS

Prover 10

I felt very deep whilst meditating on the remedy after the ceremony. A deepness **like I was deep inside of myself, truly connected to my inner being, at one**

10 0 6.51 NS

Whilst meditating I saw the shape of a spade like on a deck of cards, it was outlined in blue and inside the spade was a blue feather. I don't usually see shapes when I meditate only an orb of colour

10 0 XX.XX NS

Overwhelming desire to be cuddled and when realising I had no one to cuddle me I brought me to tears. I felt so alone and unlovable and a deep sadness within.

10 0 21 NS

The amount of noise in the hall last night was making me feel angry, I like the quiet and normally would get anxious over the noise but I wasn't anxious I was pissed off

10 1 21.3 NS

Normally I would be in a state of panic and anxiety at this, I hate being late, I hate missing things and I hate when my routine gets messed up but I felt so blasé about it. It didn't stress me, **I felt completely calm and had this kind of fuck it attitude, I'll get there when I get there.**

10 1 XX.XX NS

My daughter called to say her phone had broken and she needed a new one. Normally I would be annoyed with her as I had only paid to have hers fixed less than a week ago and apart from the cost the lack of care for the phone would annoy me but I was so calm and again I felt detached and just said "oh well you need and phone, it couldn't be helped"

10 1 16.08 NS

I feel quite present with nature and the world but not with people. Present but also disconnected.

10 1 10.3 NS

The lack of concentration and focus is really starting to bother me. I'm struggling to take my class notes. I ended up doodling and then realising the doodle was the same thing that I saw during the mediation last night, the spade with a feather inside. I drew it in black but noticed the lines in the notebook are the exact same colour as the blue in the mediation.

10 1 12.11 NS

S started to cry in class. **Normally I would feel compassion and want to give the upset person a hug but I just switched off to her emotion, I felt so detached and that made me feel guilty.**

10 1 14.48 NS

I really want to be outside in the fresh air with the trees and nature.

10 1 11 NS

Normally my memory is not the best but I don't usually experience **forgetting what I'm doing at that moment in time**. I went to the toilet and just stood there because I couldn't remember what to do next – wash your hands!!!

10 1 11.3 IOS

Sat in class and I don 't feel I have the ability to focus. I just want to be outside with nature.

10 1 10.15 NS

I swear my dog knows there's something different about me!!

10 2 19.3 NS

I really wanted a cwtd from N, **she gave me such a good cwtd and I could feel the emotion building up and I cried. I felt warm, loved and safe in her arms.**

10 2 11.3 NS

S also started to cry and we are quite close and although I held her hand **I didn't have the urge to cwtd her. I felt her emotion but I didn't feel like it was a cwtd she needed**, she just wanted a hand to hold I think.

10 2 11.4 NS

At the time this happened I related this to a moment earlier on in the day when I realised that I **feel completely grounded (because she wanted her hand held) at the same time feeling like I'm flying high.**

10 2 NS

Someone talking very loudly on the phone on the landing right outside my door. I just wanted to open the door and tell them to piss off and **be more considerate of others** here

10 2 7.3 NS

Went to run a bath and there was a baby spider in there, I would usually send it down the plughole but I thought to myself **that it was a baby so it needed to be saved!**

10 2 19.35 NS

Very stressful day, no anxiety, just calm and relaxed. So chilled out

10 3 21.1 NS

Present but not present, in a bubble, not sure I'd say it's detached, more like being a ghost, it's like people can see me but I'm not really here. It's a nice place to be, family members are noticing that I'm not responding to stress or aggravation in the same way.

10 3 18.3 NS

Took the dog for a walk, really couldn't be bothered but had to force myself. It actually felt nice when I got outside, the sky was very clear, it felt fresh and it was like I could breathe. The nausea passed after a few minutes of being out. I didn't walk as far as I normally would, feel so relaxed but lazy with it.

10 3 19.12 NS

It's like no one can touch me, and by that I mean in an emotional sense. My emotions are not active. I am not responding to any stressful or overwhelming situations with anything but calmness and a kind of "i don't give a f**k" / "i don't care" attitude.

10 3 18.3 NS

Saw my godfather in ASDA who abandoned me. I was not upset at seeing him, I felt numb towards him.

10 4 11.3 NS

I feel numb with regard to my emotions and my reactions to stress. It feels like I've flatlined

10 4 11.3 NS

I can't shake this feeling of sadness and disappointment; I know my bike is fine and it was just a dream but I feel sad to the pit of my stomach.

10 4 7.17NS

Can't get going. Feel very floaty and detached from everything. Can't be bothered. I don't have the focus or the will to do anything.

10 5 10.56 NS

It's like I'm here but not here, an eerie feeling. Struggling with knowing what I'm meant to be doing in work today

10 5 11.23 NS

Energy on the floor still. I want to go home and lie down.

10 5 11.44 NS

No reaction to stress, just general calmness and lack of emotion. Feeling of being present but not present

10 7 XX.XX NS

got approached for a date. Normally I would not be interested, I've locked my heart up in a little black box with a padlock but something about him made me cave in and give it to him

10 8 11.3 NS

No reaction to stress, just general calmness and lack of emotion. Feeling of being present but not present

10 8 XX.XX NS

Out on a date at a gin bar. Felt like I really liked him and I could let him in but **there's something there not letting me get attached like a wall or a barrier, I can't explain it**

10 9 1900 NS

No reaction to stress, just general calmness and lack of emotion. Feeling of being present but not present

10 9 XX.XX NS

No reaction to stress, just general calmness and lack of emotion. Feeling of being present but not present

10 10 XX.XX NS

Feeling of calmness

10 11 7.3 NS

I'm feeling like I've spent the last two weeks in a bubble. I've not been focused or driven. I feel disappointed in myself for letting my routine and my work slide. Had to remind myself it's the remedy

10 11 22.09 NS

Major stresses at work today. I could feel it building up inside, **like I was going to explode. I got angry and wanted to hit the person responsible. Anxious and violent in thought**

10 11 15.3 IOS

Felt amazing after strength and conditioning training. Clear mind and smiling

10 11 18 RS

Wanted to cry when I got in the car to leave work to release the stress but I didn't. My head felt full of other peoples shit!!

10 11 16 IOS

Disorganised, everything feels like it's fallen apart. Still can't get my routine together

10 12 17.3NS

Forgetful, forgetting to do things I've written on my to do list. My memory is worse then it was

10 12 17.3NS

Peace and calmness within

10 13 6 NS

Excited to be going on a real date tonight. My heart still feels closed in a box but I like him enough to give him a chance

10 14 6 RS

Peace and calmness within

10 15 8 NS

So tired and lethargic today but that was from staying up late. Still have a general feeling of calmness

10 15 6 RS

Started to overthink after the guy I went on a date with said he's got to work away. The negativity and the sadness set in. Felt like I was going into the darkness. Had a bath and went to bed to stop my mind churning

10 15 18.3 IOS

Still felt dark when I woke up, can't shake this feeling of disappointment off me.

10 16 5.3 IOS

Felt amazing after strength and conditioning training. Clear mind and smiling. Feel like I'm in control of my emotions again

10 16 18 RS

Felt pretty much back to myself today. Trained to my usual standard and got all my work done. Still felt calm throughout the day.

10 17 18 NS

Again stayed calm throughout the day but I'm having emotional responses to stress after being asked to organise a wedding in three weeks last Friday. The stress and anticipatory anxiety of it all had me with nauseous feeling in my stomach. Palpitations in my chest and shortness of breath.

10 18 16.3 RS

Managed to get my complete morning routine back in this morning. Feeling accomplished and alive again

10 19 8 RS

my daughters car broke down again after only just having the engine replaced. I stayed calm in the situation and tried to diagnose the fault but it was nothing I knew about. She was starting to have a little meltdown so I used the christmas shopping money I had managed to save and insured her on my car to take back to college in the morning.

10 20 21.3 OS

Can't get going even in work today. Feel floaty and detached

10 4 10.56 NS

finally dragged my ass out of bed. Been awake for a couple of hours and not moved. Felt motivated to get up once I saw a teeny bit of sunshine.

10 22 9.3 OS

Again no energy by the afternoon even though I wasn't at work or dealing with wedding stuff. Had just been to town for essentials, not even walked the dog and just crawled on the sofa to go to sleep for an hour. Feel exhausted and can't be bothered with anything although I know I should.

10 21 15 RS

managed to do some housework. I'm really really annoyed with the lack of drive and motivation to do anything right now

10 22 18 RS

oops slept for three hours. Still don 't feel as if I have an energy or motivation though. I'm starting to get annoyed with myself because I feel everything from work, to housework to my studies are falling behind

10 20 18 RS

I feel like I am sidetracked from everything I'm meant to be doing. I have my lists in the morning that I make. After work I am so drained and still have this feeling of I can't be arsed. I'm getting home eating, walking the dog and going to bed. Feeling disappointed in myself.

10 20 18.30 RS

Couldn't be bothered to walk the dog but putting my bike gear on and going for a ride out to see if it helps

10 22 11.30 RS

cried my eyes out when I got home, felt a big release of tension afterwards and felt I could breathe properly.

10 20 16.3 RS

sat down with my laptop again and forcing myself to do some homework as I'm running out of time. Keep getting distracted by things though

10 22 19.3 RS

woke up at 5.30am and got my morning exercise and meditation routine done. Even added in some core work. Feeling accomplished

10 21 8 OS

Prover 11

Felt need for quiet, calm so **didn't want to socialise** with large group in the library. Ate tea in the sitting room with one other student.

11 0 1.5 NS

Image - I was on a sandy horseshoe shaped beach surrounded by cliffs with the sound of waves crashing and falling. I could see the calm sea, sand, cliffs, seashore. **There was nobody there and I felt calm and peaceful.**

11 0 0 NS

Carefree, couldn't be bothered to get glasses so swigged wine out of bottle. Didn't want to drink much but it felt a bit naughty and rebellious to drink out of the bottle.

11 0 2.22 NS

Woke up feeling very calm, serene, quiet, tranquil, no concerns or worries. Felt happy just to lie in bed.

11 1 6.15 NS

I felt like I was in school, exchanging glances with other classmates and giggling at a funny noise in the corridor. The whole class feels like a school environment and I feel as if I've regressed to being a child, a schoolgirl. I feel laid back, carefree, happy, not taking anything too seriously.

11 1 14.44 NS

Desire to giggle, laugh at nothing.

11 1 12.1 NS

I spent the evening with students from my group. We spent a long time discussing our group and whether people felt included or excluded from it. **We connected deeply with one another, holding hands,**

touching, hugging, and I felt warm, cosy, loved and connected. I felt that we really bonded with one another and I felt safe and included. There was a very deep feeling of connection, as if invisible barriers had been broken down. It was a very deep, emotional, honest and positive experience.

11 1 9.x NS

Feeling low in mood and want to cry. I want to go home, leave the classroom or go and lie down on my own in a room. I feel as if I could slip into a blank space.

11 1 9.54 NS

One of the fellow students asked if I was alright. She said I looked like a little girl. I said no, I wasn't alright. Another student invited me to sit in her chair. I sat under a blanket, up to my chin, and cried briefly, I don't really know why. I'd found the morning's teaching challenging and felt full of self-doubt. Have I done the right course? Should I have studied something else instead? Although it is normal for me to experience self-doubts, it is unusual for me to cry, especially in front of other people (there were five others in the room). I felt like a little girl and just needed to let it out. My fellow student brought me a cup of tea and a biscuit. It was lovely, as I felt cared for and looked after. I felt little and small as well as a bit silly. Then started giggling and laughing.

11 1 14 NS

Driving home I felt whole, not split, like my inner little girl had come back and was part of me. We are together again. She has come home. Felt so happy. I am whole and now that she's come back we can't be split again because even if the remedy wears off I know where she is and that she is there, inside me, now. That can't change.

11 2 17 CS

One of my fellow students said I looked like a little girl. I feel like one. Small, carefree, playful, skittish, slightly vulnerable.

11 2 16.45 NS

I feel very connected to my fellow students. One said she kept wanting to touch me. Another was stroking my arm. Another sat by my feet and leant against my chair. Exchanging glances and giggles with another student. Wonderful feeling of connection. Hugged all my fellow students when we left. No barriers or blocks to connection.

11 2 15.15 NS

Didn't feel like going out anywhere, wanted to stay at home alone. Felt content to be at home and was happy in my own company. This feeling lasted for the next 4 days.

11 3 x NS

Super calm with my very argumentative daughter. I was able to remain calm and centred despite her constantly trying to draw me into an argument about trifles. I felt able to see through the arguments and able to fixate on the key aspect of the conversation, like a journalist interviewing a slippery politician. I

felt unflappable, super in control. The next morning (8.10am) I was super calm with my daughter again. Surprised myself as I had been getting very irritated.

11 3 20.3 NS

Deleted significant phone number from my mobile phone. Felt like the right time to do it. **I no longer feel any connection to the person and don't want to pretend that there is a connection when there clearly isn't one.** Afterwards I felt a sense of relief.

11 3 16.1 NS

Spent a long time talking about my mother and how I wasn't mothered by her. I mother her rather than the other way around. Felt sad, angry and wish things could have been different. It seems very unfair.

11 4 20 NS

Low in mood, fed up with the constant dragging sensation. Despondent, low spirits.

11 5 9 NS

Keep mishearing what people are saying to me e.g. neck instead of nets, underworld instead of alleyway, resulting in very confusing conversations.

11 5 8.3 NS

Irritable, angry with husband. Short-tempered. Easily irritated by other people, especially if they seem slow to understand what I'm saying to them.

11 7 19 NS

Feel very angry, irritable, short-tempered, grumpy, snappy and frustrated. Argued with my husband. Feel a poor third after his other commitments. We argued about the number of gigs he is playing, band practices and arrangements for seeing family at Christmas. I feel overwhelmed by talking about Christmas plans and arrangements and very intolerant of my husband. **I felt so angry I would describe it as incandescent with rage. I really wish he'd just fuck off. Can barely tolerate anyone saying anything as they're all such fucking idiots. Could easily break into a tirade of abusive expletives but just about manage to keep a lid on it.** These symptoms repeated for the following eight days. I want to be on my own and don't want to speak to anyone or spend any time with my husband.

11 9 X NS

This is difficult to pinpoint to an exact day but I've gradually realised that I've become rather clumsy - e.g. splashing myself with water from the sink as I dropped in a saucepan, dropping an egg on the floor, dropping the second egg partially on the kitchen counter as I missed the mixing bowl, dropping the guinea pig bowl of nuggets all over the floor.

11 9 X NS

Still very angry, irritable, short-tempered, bossy, overbearing, feel like I'm a nightmare to live with. I'm snappy with my husband and he said I'm like Jekyll and Hyde. Felt very angry with my mother about an argument that happened on Monday between one of my brothers and one of my sisters. Mum didn't

mention the incident, but I felt cross with her about it. I felt so angry because she didn't deal with the argument between them, but behaved helplessly. **I want to swear at everyone and tell them to fuck off.**

11 12 X NS

PMT worse and I'm angry and irritable.

11 13 X NS

Although it's a Friday evening and I would usually have a glass of wine, **I have no desire for alcohol at all. But I do want chocolate.**

11 14 20 NS

I feel devoid of joy. I received my assignment feedback which was marked as a model answer and was positive and affirming. **But I felt nothing. Emotionless.**

11 17 14.20pm NS

No PMT or breast soreness even though my period is due in one day. My mood has lifted. Usually, I wouldn't feel better mentally until my period starts.

11 18 X CS

I feel unfocused, lack motivation, unable to get on with daily life. I feel overwhelmed by everything that I need to do and extremely disorganised. I feel behind with everything, not on top of anything, I am forgetful and everything feels chaotic and disorderly. I haven't managed to complete this month's assignment and this never happens. Just not able to focus or settle to doing anything constructively. I lack concentration and focus and am finding it difficult to even write in the diary. This symptom lasted for four days.

11 24 X NS

Felt extremely low, disappointed, despondent, hurt, rejected and unloved, especially by those closest to me. I cried when I woke up and again in the evening. I wanted to be on my own and **was in a very despairing and desolate place. I didn't want to speak to anybody.** This lasted for two days.

11 26 X IOS

Prover 12

The thought of following my own rhythm enchants me. Calms and contents me.

12 0 0.24 NS

fear of dark and something bad. Feels like it's coming over in like a dark cloud. Image of dark blue clouds (there is actual rain and thunder going on which usually gives me joy and positive excitement)

12 0 0.3 NS

Feel my womanhood. A femininity that is not modern, like before the emancipation.

12 0 0.18 NS

Feeling fragile and only safe for the moment, but that house walls seem thin as if they could give in like made of cardboard, exposed to the forces of nature and weather

12 0 0.8 NS

Waiting for something bad to happen, something is brewing. World event. Agg, by lack of light. Don't pull the curtains like usually, leave the big window though everyone can see me at my desk.

12 0 0.13 NS

Am happy to look at my hand and to see that I am wearing only jewellery that is mine, that wasn't anybody else's not inherited, not antique. But it was always only mine, truly mine and made for me. Want only what is truly mine. Own. Want to own what I own.

12 0 0.15 NS

Just thought a shadow is sitting in the other room on a chair, legs crossed over with his back to me.

12 0 0.12 NS

Serious, thinking of war times, thin, worn, vision of 1940s evening in dark clothes, skirts and dresses, many people crowded in one room with dim light. Feel like transformed into the past, 1940s. War

12 0 0.11 NS

Feel like I am a woman who is regarded as an equal in the circle of men, like a woman scientist who with other women is for the first time in this circle. Feel like a morse operator during the war. Feel as if I have curly hair and a very slender figure like from not having enough to eat from scarce resources.

12 0 0.30 NS

Great need for calm and gentleness. Very tired, in all of my being.

12 1 16.02 NS

Great desire for order and cleanliness. Vacuuming, mopping floors, washing clothes. Systemic order.

12 1 19.00 RSI

Worse in the evening/ dark. Fear after dusk. Longing for bright clear light, find light in apartment not bright enough. Don't like the yellow of the light.

12 1 18.35 NS

Went through great struggle and came out a winner. A situation in which I demanded of myself to function, and when I didn't, started to beat myself up .. But then it shifted. I started to become creative, I incorporated, integrated the pain about my failure and instead of it being a failure I watched it transfer into the artist expressing myself. It became messy, very messy and I didn't try to clean it up but fully entered the

process, taking my true nature (the artist, the creator) with me. I felt artistic and in my power with all my complexity. I didn't beat myself up. I didn't defend myself. I just went straight into my power. Shame and guilt transferred into pride. Again for the second time today. Now I feel messy, not cleaned up but artistic and free. It's like I am very tired, since days without sleep.

12 1 00.14 NS

Throughout the day great need for light. Want of white light, not yellow. Find all the lights in my apartment too dim, too yellowy

12 2 XX.XX NS

Notice blue and green colours, especially one particular green, it looks like the colour " Arsenic green" by Farrow and Ball,

12 3 NS

Feel lights are too dim, would like clear white light

12 4 14.35 NS

Notice arsenic green colour in various places

12 5 14.53 NS

Hallucinating, seeing green colour on doorsteps where it actually isn't

12 8 12.53 NS

Looking at a tree and believing it is spring time with a joy of springtime even though it is autumn

12 9

Confused about receiving the remedy, after originally having stated that I will not actively participate in the proving. Confusion dissipates all my energy

12 9

Wake up in the middle of the night, so angry that I can't sleep. Feel not respected, not heard. Feel alone and like no one hears me or respects my wishes

12 10

Confusion about season, suddenly thinking it's spring

12 13 16.50 NS

Debating whether to take remedy , depression, worried about health

12 15 XX.XX RS

All day in the house, not going out,

12 16 XX.XX RS

Keep smiling; worries gone; relaxed , serene

12 17 12.39.00 NS

Calm, safe, like in a group

12 17 12.38.00 NS

More decisive

12 17 23.00.00 NS

Feel alot less like I have to fight, more feminine

12 17 23.21.00 NS

Nervous at light dimming

12 17 16.03.00 RS

Following responsibilities, answering emails, paying bills within deadlines is easier

12 17 20.13.00 NS

Preparing clothes and bag for the coming day

12 17 23.10.00 NS

Very scared of being sick

12 17 10.12 RS

Much calmer and more serene and hopeful. Feel capable of taking care of myself

12 17 all evening NS

Smiling.

12 17 12.37.00 NS

Feel more in my body, more feminine.

12 17 20.30.00 NS

Depression. Isolating myself, scared , worried about health,

12 14 XX.XX RS

Very sensitive to surroundings and atmosphere. Am sitting with friend in a cafe. It'had recently been ornately decorated and is a very posh place. I can hardly have a conversation as I feel very low and increasingly uncomfortable. The dark interior and the dim lighting bother me. Get upset at the thought that while we're sitting in this dark place the light outside is fading too. At some point the atmosphere gets unbearable for me, very oppressive and I feel I need to leave immediately which I do . Outside I'm better right away. Building has something war like in spite of the beauty.

12 11 15.35 OSI

Prover 13

Great need to be with a group. After theatre premiere I already said goodbye to colleagues and left and am at bus stop but then return to rejoin them

13 0 22.45 NS

I stay with the group until early morning hours even though I am very tired and want to sleep but I don't want to separate from them

13 1 4.15 NS

Am in bookstore and suddenly feel like a little child wanting to cry or whimper silently

13 1 14.32 NS

A man wants to check the smoke detectors in my apartment. **The thought of him coming into my apartment is almost unbearable like an enemy invading my territory.** I feel forced to let him in. Ask if he can come back later. He insists. **I feel violated and defeated,** Even though he's polite, or pretends to be, I am not. I don't trust him. **Would like to physically attack him and throw him out of the house along with his strange tools.** He starts looking around my bedroom at my clothes, **I feel rage and violation of my private sphere and totally disgusted by him.** At the end he makes me sign with my finger on a digital pad. It looks like a crippled signature. I tell him that I love my signature and that I feel diminished and humiliated by this and that I want it back and sign again. He tells me it's too late and gives me a fake smile. **I could kill him and want to high kick him out the door. After he's gone I feel totally upset and disgusted, pace my apartment, shaking myself and open all the windows**

13 3 10.00 IOS

My father calls to ask me to come to Hamburg over the weekend to take care of a family matter. **I don't feel invited but ordered.** I go against my own sense of timing and my impulse to say no. I usually love going there and seeing them but not this time. **Would like to stay in my own sphere and rhythm. Don't want to go by their rules and timing.**

13 3 14.02

Talking with my proving supervisor N fills me with joy, **talking about homeopathy and the school gives me a very warm feeling of being part of the group, being united and together, a joy that accompanies me throughout the day**

13 4 12.30 AS

Travelling in train in dining compartment. Sit at a table for four by myself. **Feel very strongly about who wants to join me.** Aversion against drunk young man who comes in and sits at the table behind me. **Can**

hardly stand his presence in my back. When his friends who are also drunk come and ask if they could sit at my table, I tell them no.

13 5 13.06 OSI

Another drunk in subway who I also feel strong aversion for.

13 5 15:35 NS

Feel restless and bored and depressed by rainy grey weather, feel caught inside.

13 6 17.06 NS

Longing to be in my own home, feel I am not being provided for, try to provide for myself, don't succeed very well not being in my own territory. Constantly wishing that I was home.

13 6 20.30 NS

Want to escape, want to go home. Sad and upset for not having listened to my own instincts that didn't want to go in the first place. Sad that I am not enjoying the time with my father.

13 7 10.10 AS

When taking shower a spider accidentally gets flushed into drain, very sorry about it, just like a few days ago I accidentally beheaded spider when trying to save her into a glass to put her outside, **was remorseful the whole day and kept thinking of the poor little spider** all day, especially the way her legs cramped

13 8 08.15 NS

Defend my space on the train, very annoyed by people around me, the ugliness of some of the clothes, the smell of junk food they eat, chemical sweet perfumes, loud conversations. Go into dining compartment, the part without tables but only benches along the wall. Feel the impulse to sit opposite a group of young students. Enjoy the view of nature, open field and trees passing. Am relieved and feel revived. Engage naturally and gladly in conversation with the group of students, who tell me about a young man who also sits in the dining compartment and who doesn't have a ticket. When the conductor came he explained that he travels without a ticket but that it is not a problem and said it very calmly and like the most natural thing. He has an air of great dignity and the conductor just walked away. I had seen him before and was drawn to him. He looks a bit dishevelled and wild but there's something good natured and docile about him. He seems very authentic and calm within himself and has beautiful eyes and something profound.

13 8 11.30 OSI

desire and amelioration with the "right" company, aversion and aggravation with "wrong company", both very extremely experienced; not limited to familiar people but also with strangers. Strangers who I meet (two young boys from Ukraine who I meet near the swans and an older woman from Syria who sits next to me on a bench feel like relatives to me.)

13 9 11.00 cont.. AS

love riding my bicycle and to be with my head in open air whereas normally I always wear hats when on the bike

13 9 XX:XX NS

Go shopping for each meal individually and then go shopping again for the next meal

13 10 12.00 NS

When shopping in supermarket feel lonely and want to cry like a little child

13 10 20.10 NS

Dreams arranged chronologically by prover

I woke with a dream in my mind of a time in Guernsey following the death of my Mother. I was visiting the family home and troubleshooting problems in the house prior to selling. Getting taps fixed and showers that didn't work, sorting the garden. My husband came for a couple of days. There was an issue with the agents who were looking after the property (we didn't have one at the time in real life) they wanted payment for me being there, I was understandably irritated as there had been no discussion with the family that there would be a charge for me to stay and do the repairs! The Lawyers were in the dream to, who I seemed to be getting on with ok. There was a meeting arranged, this entailed a trip on a boat to a nearby island, which incurred a £49 ticket, so unnecessary. None of my siblings were there. (None of this actually happened in real life so an imagined conflict.)

1 10 03.36.00 NS

All I remember is seeing a body with a hole charred and bloody completely from stomach to lower abdomen, as if it had exploded. I woke with a start.

1 32 10.48.00 NS

I woke after a dream that was to do with an appointment I missed on Tuesday it had gone out of my head with the people who had turned up, I panicked and scrambled to get there an hour late. The appointment I was dreaming about is for this Tuesday evening, a new class of Pilates I'm joining with a consultation the hour before. I'm sometime forgetful of keeping appointments, and have set up reminders on my phone and computer that jog me to remember such things.... This new class is important to me to get flexibility back in my general body movement. As I'm not good at motivating myself to keep up the exercises at home.

1 24 5..55 NS

There are two beautiful young women standing opposite each other, one is blond, the other is dark, they both have athletic bodies and are dressed in tight gym clothing, they want to get intimate with each other, but each time they do they are given electric shock therapy.

2 1 XX.XX NS

I have a dream that on a coach with all my old friends from university. Chatting with him when I spoke to Simon is there. I'm very surprised because my understanding was that Simon was killed during the Tsunami in Thailand many years ago. I was always something that shocked and upset me, as although we were the best friends we were very close and in many ways quite similar. I spoke to different people on the coach about Simon and they all said that I was wrong he had not been killed. Eventually I went and spoke with Simon it was really nice to see him again and he has aged well. We spent quite a lot of time chatting on the coach. I didn't mention to him I thought you died many years ago.

2 11 XX.XX NS

I'm in an old classic car. It's a convertible American Mustang. It belongs to my friend Simon he is sat next to me in the passenger seat and I am driving. It's giving me tips because it's not the easiest car to drive. It still needs a lot of work. Really enjoying our time together, it is all a bit of a surprise to me because as far as I was aware Simon passed away many years ago. Return to go up the private drive back towards the hotel where were staying he's telling me to keep in Ludlow keep the refs hi set the car doesn't count. As we give up the steep Hill another classic car comes flying down hill towards us twisting and turning eventually rolling over and crashing. I swear violently to avoid it. Simon tells me to keep going I will lose all refs in the car will stop we won't have started again. As we drive past we it's into the trash car thankfully there is no driver inside.

2 11 XX.XX NS

In my dream I was being groomed (child abuse). I had to bury my child sized bike. My family were not there to protect me.

4 36 XX.XX NS

I was an architect. I created daring buildings in unlikely places including out at sea. Part of the feeling was the need to win approval. I think I had lost someone and I was being plied with liquor to numb the pain at the end of each day.

4 45 XX.XX NS

I have only fragments - needing to learn something and being ready ahead of time in order to choose a teacher and everyone being really surprised. Swirling around in a crowd as part of a ritual, a kind of chaotic dance.

4 41 XX.XX NS

I was staying on a kind of private military base. I was swinging on a swing when I saw a small plane that looked as though it was going to crash in a nose dive. Sparks were flying off it. It pulled out of the dive at the last second and I realised it was doing stunts. Then I saw a photographer who was walking the tight rope to get the perfect shot. Many people came to watch and I lost my peaceful space on the hilltop. It was a violent, chaotic and abrupt end to my innocent play. After, I met the photographer and he really liked me. The rest of the dream was him pursuing me and me politely trying to avoid his advances (unwanted attention) in all sorts of strange settings including space, and on raft.

4 35 XX.XX NS

I was chosen to marry a wild character in order to try to bring him more under the control of my family and to calm him down. I was very quiet and shy and felt apprehensive, felt like a completely innocent and naive child bride. There were cowboy style Wild West shootouts going on.

4 39 XX.XX NS

I was trying to understand and explain something to my daughter's friend and her mother in terms that they could grasp. I had chosen to do this through god as they are strong believers. It was like talking

another language to me. Also trying to find ways to put the child at ease because she is very shy (connection).

4 34 XX.XX NS

connection and disconnection. I was part of a group that worked in some kind of organising, like a cool version of a town planner. Sometimes we were so connected and creative and in the flow and all would go right. Other times it was completely the opposite - no connection, everything going wrong, everything difficult.

4 6 XX.XX NS

I was travelling but in another world in the equivalent of 3rd world countries. I think I was travelling with a group but I felt alone, excluded. I experienced a lot of generosity from the people as well as the darker side of theft and trickery. Feelings of connection//disconnection.

4 17 XX.XX NS

I was at my cathartic meditation event, ready to jump into the process but it just didn't get started. People kept talking and interrupting and it just couldn't get going. I felt really frustrated. Later on, there were multiples of each person, alive at the same time as a child, a young adult and a middle aged person. Someone wanted to get rid of these abominations, but each of their selves had to die at exactly the same moment or they just popped back into existence. They were on the run together, looking after each other with such care and tenderness.

4 51 XX.XX NS

I was working at a small spiritual festival with the jewellery stall. It was on top of a mountain. I had to drive up roads that were closed to get there (guarded by locals) and I felt quite anxious (disconnection). I got my hair cut twice. I was trying to get inside information about another event (at the hairdressers) but it didn't really work out.

4 22 XX.XX NS

I was back in Thailand and reconnecting with my best friend there and her mother. We were not behaving how we used to. There was some kind of etiquette to follow, it was uncomfortable. We went for a massage and the place was empty. Still they sat chatting for 30 mins keeping us waiting. Finally I got up as if to leave and so they started.

4 3 XX.XX NS

I can't remember my dream very well but I know there was a strong birthday theme (in real life it is my daughter's birthday today). There was a sense of disappointment, of things never being quite right or as people wanted them to be. A gap in the understanding and expectations. Disconnect.

4 13 XX.XX NS

My dream was about the passing on of knowledge. The apprenticeship was a lonely, isolated role though (disconnection). They would be left alone in the woods for the masters to collect as everyone watched secretly to see what would happen from the bushes. There were a lot of rules, but it was really difficult to

come by all the information as “the powers that be” were not keen on being transparent. The main feeling for me was frustration. I wanted to do the right thing but I didn’t have enough information.

4 10 XX.XX NS

I was in the Quaker meeting as a kind of new member. An elderly man was organising a family constellation. He very much wanted me to step in even though it was at the last minute. There were also classes like at college and later I had to take the guinea pigs to the vet. After their eyes went bad like Cuddles’ (our real life guinea pig) did and I knew they would die. There were times in this dream that I felt quite special. At others I felt like an outsider that didn’t belong.

4 15 XX.XX NS

Dreamt that I returned as a student to a school that I had been away from for years. I tried talking to people and making friends but they just wouldn’t let me in. I remained a total outsider (disconnection).

4 11 XX.XX NS

I was going to get married to the son of a wealthy family. They did not approve. All of the wedding stuff that they produced was full of photos and information about the family and the guests but there was nothing about me at all. It made me feel like an unwelcome outsider. I was passing the time leading up to the wedding diving in the sea to collect something. But when I dived all I found was stacks of empty rotting animal hutches. I met someone down there who was moving and speaking as if on dry land. He looked at me like I was really weird for not being able to be as he was. Total disconnect, very strange.

4 12 XX.XX NS

The most clear and vivid part of my dream was the amazing plant growing in the hotel room at the end of the bed. The really long stems were uneven in texture and covered in extremely sharp thorns. Quite high up they became very leafy - the leaves were small and light green to pink. It grew quite twisty and seemed a very strange choice for the bottom of the bed (it covered the whole wall). My friend was letting me stay for a while because I needed a break (from my life). I would sit for ages in the hotel lobby watching all the comings and goings - it was huge and busy, it felt like an airport. I felt isolated and disconnected from everyone.

4 9 XX.XX NS

What I woke up remembering from my dream was that one friend was being shamed by another for still carrying big feelings about a miscarriage she’d had years ago. It felt unfair that she should be shamed for that - she had carried that baby to term and gone through labour. That is not something you ever get over. But somehow, though I felt that strongly, I couldn’t find my voice to fully stand up for her. Disconnection from my power.

4 18 XX.XX NS

Epic quest with a bumbling central character who kept getting things so wrong . The final escape was made on the backs of dragons - the feeling was elation at having got away but fear that the dragon would not safely land on the beach ahead but instead take a nose dive into the water.

4 33 XX.XX NS

At times in my dream I was on the run. I was trying to board a train with my daughter that would take us to safety, like Jews fleeing Germany just as Hitler came into power. The police were trying to find us and we were dashing through the train trying not to be seen. It was frightening, tense. Would we make it? In another part, we were living safely in a huge house, but someone had found out where we were. There was a sense of being trapped, cornered - time had run out for us although we weren't going to give up the fight for survival.

4 49 XX.XX NS

I was at my woodland with the kids for a big meeting. There was some politicking and I tried to keep out of it. A documentary maker came onto the land to try to film dinosaurs. Before all that it felt like I was on the run from something (was I a spy?) and needed help to get away.

4 44 XX.XX NS

I went to live in a commune. The guy in charge of the water filtration showed me how it worked and it felt magical. I was in awe looking around at how well they ran it. It felt like coming home

4 48 XX.XX NS

It's interesting how it's becoming harder to recall my dreams as we near the end of the proving I can remember having my feet massaged by a professional dancer. I remember that my mum was really impressed by her because she has decided to change her career and within 6 months of changing she was at the top of her game in a completely new field.

4 55 XX.XX NS

I was with old friends in India only it felt more like France. We were so happy to see each other, there were many long hugs. We spoke about the young ones, who were kids before and now were grown up. There were families of leopards on the periphery and we were trying to locate them for conservation purposes to make sure they were ok. The overall feeling was a nostalgic happy sadness and responsibility and concern for the young ones and the animals.

4 53 XX.XX NS

Gillian McKeith was forcing me to watch insects killing each other. I particularly remember a huge hornet. It stung inside the mouth of another (unrecognisable) creature which killed it. When they were all dead, she insisted that we eat them. I experienced a kind of horror at watching this in such a voyeuristic way and disgust at having to eat them. She was the one wielding the power though and somehow I could not say no.

4 29 XX.XX NS

I was at the school of homeopathy. Most of the village surrounding it was inhabited by different members of my (fictional) family. Everyone wanted a piece of me. I was always needed by one household or another to look after their kids or whatever. One day while we were in class they went off on a massive protest which was very noisy and disturbing. After, I was sat on the doorstep with a few kids waiting for the dad to come home with the keys. Another bit of the dream was bumping into a really old friend who I haven't

seen in 18 years. He didn't know me. I couldn't understand why and it made me deeply sad - this sadness and confusion stayed with me throughout the day and I was still thinking about it at bedtime.

4 42 XX.XX NS

I was like the Q (like in James Bond) for a bunch of spy kids (but at one point I was also a spy kid myself). I really felt a responsibility for these kids regarding the danger I was sending them into. For them it was like a game, for me it was deadly serious.

4 14 XX.XX NS

Private trips around the natural history museum, although it wasn't as developed as it is in real life. We were able to sleep in the room with some of the exhibits, we watched the live bats.

4 25 XX.XX NS

I was responsible for a big group of children- like a holiday camp leader. I was telling another adult about all the things my ex had given me when he sold his house. I had a huge collection of vinyl which I got out later for someone to play at a disco.

4 27 XX.XX NS

In my dream I was responsible for everyone and we kept needing to move and I had to find new places for us to live. The last image before I woke up was of my daughters face crumpling in pain because her tummy hurt.

4 32 XX.XX NS

We were homeopaths, about to be qualified, doing a supervised case taking course where we had to stay on site. It felt like another country and there was a holiday vibe. I started smoking roll ups again, but it didn't matter, it was just for the trip. Some of the senior homeopaths didn't want to let go and allow us to take the cases. It was all a bit chaotic. The feeling was one of being held back, not being allowed to take responsibility.

4 40 XX.XX NS

I was a volunteer at my kids school. They had me making cheese sandwiches for all the kids with special dietary requirements. Each one needed a different cheese and I couldn't find the right one for my own daughter. She was doing a class assembly and showing a sunflower that she had grown at home. My throat got so dry that it felt like it was sticking together and I couldn't breathe. I couldn't find my glass to drink some water and I felt panicked. I woke up with the same sensation and drank water and coughed and coughed.

4 52 XX.XX NS

We were living in France at a friends house. The lifestyle was a lot more enjoyable and everything was smoother and easier. Someone asked me why we didn't just stay permanently, and I said that they wouldn't sell us the house. I felt sad. There was an interactive tv show, as you watched it, you could participate. I ended up being part of the cast. But I was also not a part of it (disconnection). It was my

responsibility to integrate the hedonistic star of the show who was really into himself but rubbish at connecting with others. It was exciting.

4 26 XX.XX NS

I was working hard to try to bring down a group of corrupt politicians. I had to persuade people who were afraid to speak to me and give me their stories and their evidence. My mum was worried for my safety and wanted me to let it go, but I was determined. There were scenes of kids being chased by baddies who were trying to kill them. I was buried alive in the desert and every time I dug myself out I would sink in again like it was quicksand. It was a horrifying fight for my life.

4 50 XX.XX NS

I was a teacher taking kids on a school trip (responsibility). I delighted in coming up with really exciting and unusual experiences for them. In another part I was running away from my husband with the children. I don't know why but the feeling was that I had to get away to be safe. In another part I was trying to please my parents - cooking nice things for them, but somehow I was always messing up and disappointing them.

4 19 XX.XX NS

Dream of two sisters growing up, changes in responsibilities, moving from fear to confidence. Each one discovering in their own way - "I can", finding their power.

4 21 XX.XX NS

I was living in a community, I think we were displaced refugees. My daughter was chosen to play a live lounge session on radio 1 but I couldn't be there to support her because I had to go on some kind of mission to find a family for a child (responsibility). The first half of my daughters live lounge show went really well but then it went wrong. When I got back she was in a state. A friend arrived and said she would be going to the local college with me and I felt so happy to have someone familiar along with me.

4 43 XX.XX NS

I was part of a small team employed to find people's remedies. We had one serious case and I was sure that the remedy was wrong. He was only being palliated by his remedy, there was no cure. The feelings of my team mates were hurt (or their egos) so they said I should just do it myself (feeling of responsibility). I had to go inside his head while he was dreaming and discovered that he was not at all who everyone thought he was. I was trying to do a wee but the drains were blocked and everyone's wee was swirling around on the floor and coming up my legs. I was unable to urinate.

4 31 XX.XX NS

There were snake experts and snake lovers who had volunteered to handle them so that people could watch and learn. One almost seemed to fly through the air and bit the man right in his neck. He could not get it off him so others rushed in to help. It was highly venomous and he died right in front of us. Later I was at a place like Hawkwood with amazing food. Some of the connection /disconnection issues were arising. There were also lots of pranks being played.

4 8 XX.XX NS

Although I couldn't remember my dream clearly, what was very clear was that I was angry, enraged by some kind of injustice.

4 16 XX.XX NS

I was in a kind of dormitory - I was not there by choice. There was a matron figure who patrolled the dorm. In the morning I went for a shower only to find that a panel was missing in the wall and the person in the cubicle next to me could see me completely. It was a man and it felt horrible to be exposed like that - no boundaries and no privacy.

4 38 XX.XX NS

I was running a race with my daughter in India, it was a marathon. She was ahead of me and sometimes I lost sight of her. My husband tried to hold me back so that my other daughter could catch up but I was afraid of losing Nyah (the younger one) who had gone ahead and I wrenched myself free.

4 2 XX.XX NS

I was needing to be rescued from out at sea where I was stranded with 2 friends in a small inflatable. I was fearless.

4 24 XX.XX NS

In my dream, the land had been chopped up into little parcels, and in order to claim them you had to be standing on the land when the registrar came around. Each bit was tiny. We were desperately trying to stake our claim but at the same time it seemed so futile as the pieces were so small.

4 30 XX.XX NS

The feature of my dream was gemstones and their magical powers which I was using to stay hidden, to avoid and also to defeat baddies. Amethyst was the main star, but there were others.

4 57 XX.XX NS

The main part was that I was living back in Pune and I had just split up with my husband (my choice) Then I had to watch him slow dancing with another woman. It made me feel really awful, sick, gutted, sad. I decided to go for a day trip to a cat zoo but it was a really long drive and by the time I got there it was closing. It was a long and strange drive through some never ending woodland. Disappointment and sadness were the main feelings.

4 4 XX.XX NS

Dream of organising an epic Halloween experience. A complex stylish dance performance on bungee cords. Being with my family and enjoying the togetherness of watching and participating in the experience.

4 20 XX.XX NS

Dream - it was very complicated and I don't remember much, but just before I woke up I had chosen to pee all over the floor. I felt out of control because I couldn't stop, and at the same time I was desperately trying

to stop it from spreading too far by mopping up whilst peeing. I was visible to others who looked on with incredulity.

4 28 XX.XX NS

I was making remedies from medicating potencies up in my dream. That's all I can remember!

4 54 XX.XX NS

We were in my daughters bedroom and my husband had hit my daughter and I was stood behind him trying to stop him (but not physically) but scared myself (although in real life I am in an abusive relationship he has never hit me just pushed me around and other stuff but he did once hit my daughter four years ago when I had gone away for the weekend so this wasn't the same in any way apart from people) next bit in dream I had an itchy lower vagina.

6 xx.xx NS

I had two dreams, the bigger one I lost the other; there were big fat tigers walking around and the man in front just ignored them. Then I realized we were at a circus and they had been mistreated so I was training them with kindness and bits of meat. First they were sat on stools and I went and fed each one of the three a small piece of meat, then realized that's not a good idea, when they are used to eating something as big as my head. Next time I just threw big (leg of lamb size) bits of meat the man walked off unimpressed

6 07.05 NS

I was laid in bed and my husband had scared me so I was the other side of the bed on the floor crouching down, he came over the bed grabbed my arm and some hair and I was a rag doll he pulled me onto the bed then he was sat on the bed and had two fingers at the top and two at the bottom and a wooden coffee stirrer in my mouth I couldn't understand what he was doing but I wasn't gagging then woke.

6 04.15 NS

This guy was talking to me then I slid off the sofa, he then had a white Dr. jacket on but wanted to look at the laser in my eye. did it all forcefully then dream followed on in a dark room and a few people but a young lady big teeth smile is talking above the others, then they are passing food out but instead of passing along she just puts it in her bag in the commotion. A friend decides he is going to inject a needle in me and pushes me into a cubicle I'm screaming not to inject me but he does then the dreams moves and I am talking to someone as I look down there is blood where the injection site is but its on the upper side of my lower arm. my arm and hands are swollen and my nails are dirty.

6 23.34 NS

Dream of a snake on the floor someone with me stepping into like a light wood elevator with big sliding door to shut out the snake and then reopened the door and see lots of small silver machines on hooks (like a shop). Slid the door again and it was chaos with a row of people but over on left side was an old male friend who had lost (as in died) a little boy and wanted to talk to him but every time I tried I got this version of him I didn't like. Then back in the lift and was talking to someone but her name was (was something else) someone and I was holding a small knitted purse with a zip at the top and a knitted purple flower

stuck to the front but each petal was meant to be a different colour but it wasn't . Each colour was meant to represent each chakra level, so I said that didn't work we may as well of visited each level and she started crying. then woke.

6 xxxx NS

Of snake on the floor, someone with me

6 xxxx NS

Dreamt of coiled snake

6 xxxx NS

Dreamt about car crash but I was squashed up against a wall, no one there, was no car just big metal mess, I don't feel hurt or pain or even squashed more trapped, there was a flash of white light

6 04.40 NS

I was in a house that was side wards to a road where I could hear traffic but the back of the house was quiet. The bathroom at the front left was purple and green and brown . I was in a block of flats in the communal area there were five old men like you'd find in a French coffee shop but here one was at a table other stood around they were pleasant enough. the area was dirty and the glass between banister and floor I didn't want to touch but at the same time I knew I needed to clean all this I was walking up the stairs with some washing and a black man was talking to me he was being pleasant but I felt uncomfortable so he didn't follow me I went up another level past mine to his floor pretending I'd lost my T shirt, he was following me with a little girl I picked it up off the very dirty glass railing (where the banister would normally be) then walked past back to flat and woke(in dream) some where. the second time I came back to the building I had a dog I couldn't see it but these men had little dogs they said could the dogs play I said this was fine and walked mine over to them.

6 02.52.48 NS

Dreamt about a women with two eyes on left side dark brown and bulging no pupil and one normal eye on right .short cut brown hair. (same dream but separate) was a big circular glass slightly ridges slightly opaque dish with gold pattern on one half (not pattern but filled solid gold colour but the line wasn't straight down the middle . Woke for free

6 7.30 NS

Dream - of all the pairs of hands I knew, they were just in front of me and I thought that's odd.

6 07.15 NS

Another person and I for some reason were walking across to my local church, then there were railway sleepers that led up to corner of the roof, but you held onto old electrical cables to stop from falling and there was water underneath. We were talking about the state of the wires and saying this is why old Mrs.? phone didn't work. On the way back down there was one sleeper laid on top of another which meant it was only one shoe width wide, there were stones and sea glass so I stopped to kick them into the water, then

we had climbed through and there was a set of beds and a couple acting out BDSM, he was shock and unsure we said we wouldn't tell if we could join in. He turned his back but the women said yes. I was then laid on the bed and her partner had gone and she said great now I can learn what this is and showed me her right breast. It had a blister in the nipple so we had a conversation about not popping it. Then in my dream I thought maybe this was hepatitis and she shouldn't be getting this near his penis then woke up.

6 6.30 NS

There was what used to be a thatched house on a corner but now all the thatch had gone in the dream the voice in my head said it had burnt off but what I saw in my dream was it disappeared and all wet with a burnt chimney breast on one room. Then I went to a friends house and the inside was the same everything had been ruined, it was all wet and grey in colour and inside looked as if a tramp had been using the building.

6 08.30 NS

Had dreams but only got bits of it, up in snowy mountains harsh environment, then I was getting into a taxi but it was a big old classic car, it was parked in a busy town

6 03.40 NS

There was a shape like the front end of a blow up knack, women's top half of her body rose up long blond hair very beautiful (not like fairy tale more like 1970s)

6 xx.xx NS

s to my left black and white but so crisp and clear lots of different people, horses in a race.

6 xxxx NS

I had several dreams but could only get last bit of one back, they were mining (it wasn't for gold)it was a dark place, with some big machinery but it all seemed to be covered in cement as if the cement hadn't been washed off.

6 7.30 NS

I was up in the mountains but sort of jungle ?coffee plantation went to loo

6 05.16.48 RS

Dream of a plant was like red grass but the leaves were long and curled in wards lengthways and it was red dark red.

6 xxxx NS

Had a dream about a tea plantation with a jungle behind, next there were two men in a large room, different age gap generations the atmosphere wasn't good, one of animosity, the younger was stood by an open fire with like big metal tongs lifting out a metal box, he said where shall I put it before I ruin your Chinese rug (it looked like an Indian rug, massive with cream background with a small intricate pattern) I then realized it was in a big stately house tall ceiling, old furniture, big tall windows.

6 04.04.48 NS

All I could remember was two pieces of white gossamer thread coming down the side

6 8.30 NS

I was at a Victorian circus but it seemed more like a theatre bright red totally in your face red, soft velvet flooring, curtains and cushions, I was walking around and talking with someone (rest lost while typing this, can't say what the feelings were)

6 06.57 NS

something about purple but lost the dream

6 xxxx NS

I dreamt a fellow student was pretending to work with us but she left her two children under a slab of rock near a beach and abandoned the adult to set up her own business, which we were supposed to be setting up together. We found the children and they were fine but years later, we found the student in the next village, where she'd set up a battered fish business. Her son was angry with her for cheating customers and her business was falling apart/disintegrating. We also had a fish business and ours was flourishing even though she had cheated us at the beginning. Her deceitfulness and betrayal had been found out.

11 32 6.3 NS

I dreamt there was a dead horse balanced on a wall with ledges for its hooves to attach it there but when I lifted it down it became alive and began running round in a circle on a rein, circling round and round, a beautiful white horse with a flowing mane like one you would see on a carousel. I felt happy and was enjoying the beauty and energy of the horse. I was in charge of the horse but when it fell down I became a male soldier and had to go to the sick bay. The sick bay was a small hut, like a child's play house, so it was very small and cramped and I had to crouch down and double up to fit in it. In the room above me in the play house people were having sex and I felt doubly uncomfortable. Somebody put their head in the door of the house and asked me what I was doing there. I didn't want them to see me or know I'm there and felt embarrassed. I see my son messing about in a toy car with another child in front of him who started crying but then they were messing about together. Initially I felt angry with my son for driving the car into a smaller child and knocking him over. I pulled him out of the toy car and then realised that the other child was also being silly and joining in and wasn't upset or hurt at all. Everything was fine.

11 31 6.3 NS

I was holding a baby over my shoulder and the baby was settling really well with me. The baby belonged to my husband's sister who'd wanted to take the baby onto the roof of a high building where there was grass growing (on the roof). I thought it was too dangerous for the baby who was wearing a baby gro. A small, impish looking boy pulled violently on the baby's leg, pulling the babygro off it's leg so that the clothing stretched. I was really angry and went to kick the boy but just stopped myself in time. I complained to the teacher as we were in the middle of a singing maths lesson. I didn't understand the maths lesson and had no idea what they were trying to teach. I had no understanding of what was going on at all. The baby was now mine as my husband's sister had died so the baby was going to be mine. I ran away with the baby and we were chased by one man and boys on motorised bikes/trikes inside an ornate formal garden. When the man caught up and spoke with me there was no threat. I kept the baby.

11 13 6.3 NS

I was in an interactive museum looking at turtles and other sea creatures damaged by plastic pollution. There were demos in which the sea creatures had their heads stuck in plastic that looked like a dog's white veterinary collar. My son and I were upset by this cruelty to animals. Before we left the plastic was taken off them. We didn't like they way the plastic was deliberately put into the tank of water to entrap the creatures. I wrote a note saying I love you but the spelling was wrong.

11 23 6.3 NS

During the provers meeting I remembered a dream I had last week about mothering, which had strongly affected me. The dream was as follows. t that my three guinea pigs escaped from their hutch, running away under the hedge and fence into next door's garden. I managed to get them to come back to their hutch but they're not happy, they're cold. I'm worried I'm going to lose them and I know that they don't want to live here anymore as they don't like it, because they don't like me. I'm in Sweden or Scandinavia, touring around a big house with paintings and crafts in large castle rooms. The atmosphere is welcoming and calm. I had to do an assault course with my family which we did silently. I didn't think I could do it but I went across a plastic/long beanbag across a high drop to the floor where there were crash mats. People outside the castle were saving overturned boats and exploring the arts and crafts. I thought I'd got on well with one of the women at the castle but she rang me up to tell me that she doesn't like me because I'm full of rage and anger. As she said this I realised who she was, the goddess Gaia, Mother Earth, and felt devastated. I felt hurt by Gaia as I thought we'd got on well and that she might be a friend. Everyone at the castle was calm, gentle, kind, low voiced but they didn't like me. I didn't fit in. Felt sad, rejected, ugly.

11 1 x NS

I dreamt that a fellow student was anally raped in a tent at a market. There were lots of tents there. Next day she was sobbing. There was a lot of cum everywhere and all over her. I felt fear, shame, horror, revulsion. Afraid it might happen to me. She said it happened because she was a feminist.

11 39 6.55 NS

Had dream of a gold circles about 4 to 5 inches across mobile gold leaves crinkly with like gold sparkles coming off each circle and they were hung on a mobile.

6 xxxx NS

About a lime green and turquoise line

6 xxxx NS

I dreamt that a friend who helps with hedge laying, turned up and I was in the bed having a nap, I felt so guilty having a sleep in the afternoon. I jumped out of the bed in my dream and then I woke up.

1 4 xx.xx NS

I had a dream that there was a mattress on the railway line above our house. A goods train came along and was derailed. It hit our big barn and demolished the roof and half the walls. Luckily not a passenger train, I don't know what happened to the driver.

1 49 xx.xx NS

Sometime before waking I had a dream of being recommended a remedy, it was unusual in that it didn't come in pilule form but it was in a glass jar with a scalloped top to it. In the jar contained sand, with different seaweeds on the top under the scalloped glass. I was told to take one grain of sand and all my symptoms would disappear! When I woke I thought about this sand, remembering an article in the Homeopathic Journal on Red Sea Sand, which is for people who have been moved from their homeland, or in a struggle in their relationship. I have been thinking about my uprooting from Ireland as a teenager and how my life would be different if the family had stayed in Ireland.

1 13 xx.xx NS

I was in china amongst the market cafe's, there was a competition which I seemed to be part of. The choices of food were numbered by dice shaped symbols with writing I couldn't understand. The food choices were also unexplained to me. I had to sit down with the only other competitor and eat something. No chat, I couldn't work out what it was all for, the reason for the competition, all seemed pointless.

1 4 13.12.00 NS

I had a horrible dream. At first I was a diamond thief, and I stole three expensive diamonds, I was in a city maybe Hong Kong. I decided to cover my tracks I would go to the cinema, I arrived at 11.55pm and there was a showing of the film I wanted to see at 12.01 so I went and bought two tubs of chocolate caramel icecream and lots of chocolate and popcorn and went into the film. The staff were really nice to me, and when the police stormed into the theatre I was really ashamed and embarrassed that the staff who served the popcorn etc saw that i was a thief. Next I was walking arm in arm with a friend, not sure who, down a clearing between lots of trees, under a big monument statue with a chimney on top. Something told me a part of the chimney was going to fall and as I looked up, there was a huge rock of plummeting towards me, it fell just a step infront of me and a part broke off and hit my head. Next I was watching the dream instead of being the person in it, but the person I was watching was me, although it didn't look like me. There was the girl who had suffered the head injury, she was blonde and late teens. She was lying on her bed in a grand house and she was naked, it was daytime. I remember being quite shocked she was naked, because her father walked in. she looked at him with a nervous smile and he asked her if her head was better and she said yes but that makes me worried about you...Then the father said something reassuring like there's nothing to worry about. The next scene was the girl in a cellar, I knew it was the same house, and she was tied up in a bondage style way and her father was having sex with her. I was watching it in the dream like a film and I felt so overwhelmed with disgust I tried to turn it off somehow but instead it just sped up, showing more and more scenes of the abuse and then another man was there too...all I could think was how much I wanted to kill the men and I thought of her poor head having just recovered from this injury. All of a sudden I was in a different house, with my kids, preparing to go out and trying to finalise details of where I was going with my childminder. I didn't feel the kids were safe with just her though so I got another childminder to come round and be with her too. Then I left but immediately rang my boyfriend and asked him to go home and help the childminders with the girls. I was paying so much for the extra help but I felt convinced the girls wouldn't be safe otherwise. Then I was on a beach, with my friend who's a hairdresser and we were at the checkout of a beauty shop which was on the sand and she was making me pay for all this hair dye which wasn't for me. I felt angry about it but didn't dare say anything. All the time I

was thinking about the girl in their basement and how I had to free her somehow. Then I woke up!! Now I feel dazed, disgusted and a bit traumatised. The sexual element of her relationship with her father does kind of make sense to me slightly in the way that I've never met my dad, and when I was younger I remember feeling uncomfortable when my friends Dad's would be around, I felt like they were predatory, especially one incident when I lived with my best friend in a flat when I was 20, and her dad came over and she was in her underwear and she sat on his lap and gave him a cuddle, and I was really disturbed by it I felt like it was a secret signal that there was something going on between them, I couldn't judge what was normal or not because I had no frame of reference. I've also always struggled to believe any relationship I might have with a man isn't related to some sort of condition of sex, because I haven't had many or any platonic relationships with men, like the one between a father and daughter, there's always a price to pay so to speak.

3 3 00.00.00 ns

I dreamt very vividly again, two dreams linked together, I was an assassin in both of them and had to kill a lot of people. I was being controlled by a group of men and if I didn't carry out the murders, they would hurt my family who they were holding in a warehouse, there were lots of girls and women being held there and trafficked for prostitution. I had such a strong sense in the dream that if I didn't do as I was told, my mum and daughters would be really harmed so I just did whatever they said. The dream was full of gruesome scenes of violence. In the dream I felt overwhelmingly frustrated but also so so angry and I knew I had a plan which would free my family, I wanted to kill the men in charge.

3 2 00.00.00 NS

I dream that I'm in a house which I've only visited in dreams before, but it's the same house. It's really big, a mansion, in north London where I grew up. The house is configured around a central space with stairs spiralling up and around to 5 or 6 floors, the ceiling height of the central room goes right to the top of the house and there are incredible hanging plants which reach all the way down to the floor for 6 ceiling heights above. the house belongs to a school friend of mine in the dream, I think it was my friend Olivia who I knew at primary school in London, her dad was one of the lawyers to the Queen and her house always really impressed me when I was little, as did her Dad. In the dream I'm pretending to be 'X' to the people who work at her house and for some reason they're believing me. I feel really happy to be accepted but also really nervous about her brothers coming home and realising I wasn't her. Suddenly her two older brothers come home from a Bat Mitzvah and they're comparing party bags and I'm hiding behind the sofa in this room which the 6xheight ceiling. One of them spots me and shouts and I have to run! I get the feeling it's something I do a lot to that family and I used to be really accepted by them but I wanted to be a proper part of their family so much that I went too far with pretending to be 'X' so I fell from being a family friend to a pest who they didn't want to know. I felt longing, jealousy, rejection and banishment to a life of loneliness with no joy or luxury like they had in their lives.

3 8 00.00.00 ns

have a dream I'm a snake being chased by other snakes and they're coming from every direction and I'm terrified, I don't think I'll be able to get away

3 20 00.00.00 ns

we are talking about snakes in class and I remember that I had a dream last night about three snakes hanging from a fence, all intertwined as one I couldn't tell where they ended and begun, it looked like they were just one three-headed snake. It was mesmerising and the snakes felt really symbolic and important

3 2 12.32.00 ns

I dream that I am in a play as the main part but haven't seen the script and it's opening night. The show is due to start in a few hours and instead of getting ready, I go to spa hotel with my boyfriend and just sit in the jacuzzi. Then I realise I'm 3 hours late, at first I can't find out what the time is and all the phones and clocks have different times but then I find mine, it's on silent and I've got 100 missed calls. It's the same feeling I had in the dream about my Dad when I was at his wedding but left, like this massive panic and frustration that someone has lead me away from what I need to be doing like I'm stuck and trapped and can't get where I want or need to be.

3 6 00.00.00 ns

I have a dream that I'm in the park and find a man hole. I lift it up and see a dimly lit ladder. I climb down and find the tunnel opens out into an enormous ballroom which hasn't been used for years. I can see even though its dark. I walk across the enormous room to the back of the room and through two doors there's a large bathroom and then a kitchen. Every room has old brown leaves fringing the edges and there's dusty mud all over the floor, but beneath are beautiful tiles. I run back through the rooms to the ladder and climb back up the man hole. My boyfriend is standing there on the grass wondering where i went, and he's thrilled and decided to run around the park looking for another man hole. He finds one about 50metres away and opens it, he disappears and ten mins later pops back shouting to come and look. I go down the ladder after him and there's a night club! all unused and dusty. We spend a few hours opening more man holes and find an enormous mansion beneath the park with an indoor swimming pool. All the rooms are connected but we have to dig through walls of soil. we do this with out hands and i can feel the soil beneath my finger nails. We decide to throw a big party. My boyfriend gets a group of friends together to clean the place up and I go to a party shop and really want to hire a smoke machine but its £200 and I cant afford it. Then I wake up. I feel disappointed to wake up and miss the party.

3 5 00.00.00 ns

I dreamt that I was at a vintage sale with my friend and I'd stolen something and she didn't realise but I knew that the people running it knew so I was trying to hide from them without telling Abbie, so I was having to distract and divert her all around this big hotel where the sale was being held. I felt very anxious, embarrassed but also a bit excited that I was managing to dodge the authority.

3 15 X NS

I dream that I'm at a will reading of my boyfriend's father and am really ashamed to learn he hasn't left anything to me, but he has left lots to everyone else and detailed the reasons why, praising them in each explanation and siting them as the only worthwhile people to have known. i feel left out, unimportant, bewildered, really sad and ashamed like I'm different and I don't matter and was foolish to imagine I did.

3 33 00.00.00 ns

I dream that I'm playing netball, I used to be the county captain at school and used to really enjoy playing, but this time I can't get hold of the ball, every time it bounces it becomes bigger and goes so high that it's impossible to catch. It gets so big it blocks out the light and makes everything dark. I feel really humiliated I can't play properly like I used to.

3 2 00.00.00 ns

I have another dream where I'm at a big party in the countryside and I came as a guest but get mistaken by the staff there as a waitress, the party is being thrown by one of my best friends, who I don't know, called 'X', who I'm quite jealous of because my friend sees her more than me. In the dream, 'X' knows I was meant to be a guest but pretends to everyone she doesn't recognise me, so I have to work at the party cleaning up and doing as I'm told by her. I feel embarrassed again and wish I could be an equal to the guests but I feel inferior.

3 2 00.00.00 ns

I had a really intense dream in which my boyfriend left me for a girl we went to school with because she is skinnier than me "and he sees no sign of my weight decreasing". I met all our friends in the dream after he'd dumped me and they all seemed to think that was a reasonable reason, and I felt as if I was going to explode with how horrible and unfair it was! No one seemed to notice how I felt and just tutted at me for being bigger than the other skinny girl. My boyfriend felt totally shut off to me and like he didn't care about me whatsoever, but it was my fault for not trying to lose the baby weight. I woke feeling very overwhelmed as if it was real, I was incredibly sad and angry!

3 1 00.00.00 NS

For the first time in my life I have a dream with my Dad in. I've never met him so don't actually know what he's like but in the dream it feels like it's really him. I go to Texas (where he lives in real life) because I know it's his wedding. In real life, he married his second wife 15 years ago but in the dream I've managed to find out about the upcoming wedding and decide to go to finally confront him and meet him. My best friend and I turn up at this really swanky polo club, it's very sunny, the event is being held in a field and at the entrance which is made from flower arches there's a big board with the guests names on, and I know we won't be on there. There are some people greeting guests, but they feel more like security guards. We approach them and they ask our names, and I can see my Dad swanning about speaking to guests and hosting everyone. I feel very nervous when I see him but excited. The guards tell us that our names aren't on the list, but I call out "Dad" and he whips his head round and sees us standing there. His expression goes from shock to disgust to a really fake smile and he sashays over, and greets us like he was expecting us but grips my arm very hard as he ushers us through the flower arch into the wedding. I feel thrilled but scared. Next the ceremony has finished and we're sitting at the tables eating but our names are on the place cards, written perfectly in calligraphy, like we were really invited. Everyone is being very friendly but no one has asked how much they've never heard of me before, they just act as if they've known about me all along, and I wonder if they really have. Suddenly my best friend suggests we go for a walk and we are back in an area where I grew up, trying to get an uber to take us back to the wedding in Texas, and I realise we've been an hour and the wedding is progressing without us and I worry we might miss it. We arrive back at the wedding and it's over. My Dad has dropped the act. I've now got my girls with me and he starts shouting at the baby, when she knocks something over, and she cries and cries. I'm furious with him and shout asking

what's wrong with him, doesn't he know kids do that by accident some times? And he tells me he knows nothing about children and only sees his for 10 mins in the morning before work and that's it...I feel like I suddenly understand why he's denied my existence my whole life, because he is incapable of being a father, and I have a flash of feeling content and then wake up. I feel so blown away by this dream when I wake up. I feel like I really met him, which I've longed for my entire life. It felt like I get it now. I feel very dazed by the dream and haven't really stopped thinking about it since...it feels like it was a message to release him, and stop trying and hoping for contact...like I should just be at peace with how things are.

3 4 00.00.00 ns

Dreamt of an eye, a blue eye with white surround, black eyelashes. Just one eye, like an ornament rather than a real eye. I've seen the eye before on a piece of jewellery last month and remember being fascinated and drawn in by it. Nothing else in the dream apart from this eye and seeing it zooming in and out.

5 6 Night NS

Woke knowing I'd had at least three dreams but was losing them fast. I was cleaning a white gas hob (I don't have a gas hob) 2nd dream was the bigger of the three and everything was gold and sparkly lots of things like Aladdin's cave but lost the rest. The last one was about color but lost that too now so annoying.

6 xxxx NS

Dream of a mountain of white sugar (not actually sugar), other vivid dreams I can't remember

6 xx.xx NS

Woke had a really good dream but lost it but it left me feeling light and cheerful

6 07.25 NS

Woke in night but didn't want to get up so held wee and made myself go back to sleep. Had several dreams but only remember part of one and I was showing someone my home and it was behind a split in the middle vertical wooden door with a metal stick keeping them shut then I opened it and it was a big loo room over sized it was immaculate clean with white toilet roll on like a outdoor holder and over sized sink and a yellow bucket in the corner so then I laid down on the floor to show I could fit but could only fit if I curled up to sleep but when I was in the room I was normal size or the loo and room were then big, then I stood up to see if I was diagonal in the room could I lay straight to do yoga then woke.

6 xxxx NS

Up on the mountains but sort of like a jungle or coffee plantation (can't remember more)

6 05.16.48 RS

Can't remember whole dream but when I woke up I remembered a bit where I'm sat on floor with my back against a wall trying to bolt the door. My ex-husband is other side saying "you can't keep me out, I'll get in no matter what" I could see his silhouette through the glass in door. I was petrified.

7 51 XX NS

There was a meeting being held in the woods, there was seating in tiers up the slopes, someone was giving a speech. I was trying to sneak in without paying so I could look for someone. My ex who now lives in Australia was there somewhere and I needed to return something to him but really didn't want to see him, felt like wanted to avoid him. My sister and her friends were there but they weren't staying. I was carrying a ball around with me, a dog treat ball. I asked at the local B&B, (the lady was a Mom of a girl I'm helping with anxiety problems in real life) but she hadn't seen him. The house had lots of corridors with doors everywhere. As I walked outside I could see over the town and all the houses were rammed together. Back in the woods I lifted the top off a pole and whatever had been underneath was gone and this meant that he'd gone back to Australia. I started talking to a friend of mine about a concert and she said that any ticket I wanted her husband could get as he was always in the right place and always seemed to come about them somehow.

7 4 01.40.48 NS

I was staying at a friend of mine who's a doctor, Jac Naylor (Holby City character) I am also a doctor. Jac's phone goes and she misses call so I call back and it's the hospital. They need all doctors back at the hospital asap. The lady on the phone questions where I am. I say I'm at a friend's, I find myself having to justify why I'm there pretending I'd stayed over after a night of drinking, both of us can't believe she's being so rude. We tell Jac's daughter that we've got to go and Jac says that it's always fun and a laugh when I stay

7 5 05.31.12 NS

Funeral of school friend's Mom and missed it. Arrived with everyone outside. My Mom got out of a car parked outside our old house and she was out on remand and Karen my sister and I are trying to clear her name. Stood on neighbour's front lawn eating chocolate and feeling bad as work didn't know I'd left there. Lots of school friends there. A small girl was sat by my leg holding it wanting help/looking after. Need to hand my homework book to B, it's got clear stripes in it.

7 1 10.48.00 NS

An old friend had renovated a ground floor flat, it was modern and spacious, bright and airy with lots of plants and different levels, the front garden had a pond surrounded by plants and decking with ratan furniture and parasol. There was a wooden stage/walkway that extended to my Mom's house around the corner. I was stood on the stage and he asked me if I'd like to go to a theme park in Watford with him. I had to say no as I was worried about missing work, he was really disappointed

7 20 XX NS

I was on a theatre trip with my work colleagues, it was a small local venue that I hadn't been to before. At the end of the performance I tell everyone that I need the loo and go off in search of one. I find the men's and disabled ones but no ladies. I walk along corridors and find myself in a large shop, the assistant directs me to the ladies but I find that she's given me wrong directions. I open a door and find myself in a classroom/lecture room and there are trainee police men and women. One young lady gets up and takes me to the office for help, the lady at the desk looks at her computer and it says "My head is locked" and she tells me that Bandit (my puppy who is at the vets) is being changed to be with another family. I tell her that I'm going to get him, I just need to find the toilet first

7 10 XX NS

I was at a football match watching James and his team. We were on a field by a river, the river was high, lots of water. I was suddenly watching James fall into the river, I could see him under the surface being swept away. My stomach clenched and I felt sick not knowing what to do, the pace of the river was fast and it was like rapids. I started screaming for help but no one heard. James seemed to be circling round in the water just under the surface but the water then seemed to be a form of land which then enabled him to stand up. He walked back onto the field towards his team mates. His old football coach was gathering up rubbish from around the field and everyone was walking away linking arms

7 10 03.07.12 NS

At college, a member of the group's boyfriend sat in the hall with us. He was an elderly man with wild hair like a mad professor. He kept on lifting up my notes and went to say something then put them down. He walked around the room and was taking things off notice boards and putting them in the bin if he didn't like them. His girlfriend didn't notice but everyone else did and it was obvious they were all really annoyed. I made a comment to a colleague that the only thing he couldn't criticise was the bottom of my shoe as he couldn't see it. Two of the ladies stood up and said they were going to join the other group as it meant the numbers would be better and there was a lady in there they wanted to be with as they all played bridge together

7 4 03.36.00 NS

A group of us are at a camp. There are rooms off long corridors. We were going to a rounders match and there was a lot of hype and ceremony in the lead up to it. We had a huge procession going to the venue, walking across hills and small hills. We were surrounded by lots of family and friends and my homeopath. We were all getting ready and had our own 'cabins' that looked like railway carriages. I'm suddenly in there with a man and we're about to have sex but people keep coming in. I look at him but I couldn't make out his face in detail, it kept changing, the features were different as if changing from one person to the next. I was ready for the match and we all walked through the crowds to get to the field ready to play with shouts and cheers from the crowds lining the way holding banners

7 9 XX NS

Again the details were gone. My Aunty was there and she was secretly leaving. She had a list, that she was measuring, that noted lots of possessions in the form of figures. There were loads of packages of money she'd left and I was handing them out to relatives and friends that didn't know she'd gone. I went outside and everyone was running to the sea and they all started to swim including her husband who was a nasty man (not her husband in real life) and that was why she'd chosen to disappear. She needed to make a fresh start, I was so upset but I knew it was right for her.

7 32 XX NS

The details of the dream I couldn't remember, I only recalled bits and bobs. It was based at college, it didn't look the same as now, it was vast and old, more gothic. The toilets were holes in the floor within wooden stalls and we had to stoop over them. There was a meeting in the great hall, there were large carved wooden tables and chairs and huge stone fireplaces. The table was covered in paperwork, a discussion was going on as the college was going to be taken over. We all went outside for a walk, it was very muddy and

we were walking in a large group with my dog running alongside, a man whispered in my ear and told me we should change his name from Bandit. We were then back inside, there was a huge sense that everything was changing and the people that were taking over started to come, we were all running trying to hide. I hid behind a small stool in a dip.

7 30 XX NS

Was in my house but it wasn't my own house and I was trying to clean and tidy up everywhere, even scrubbing the walls with a sponge

7 2 xx.xx NS

(Lack of details) There was a huge gathering of people in a sports hall, tables in lines (like school canteen) and everyone moilling around in sports clothing. There was accommodation off the hall for the large amount of people. A very tall person came over and whisked me up high for a hug.

7 32 XX NS

Trying to restore a VW camper van and I was scouring vintage shops and antique places looking at interiors. Then jumped to polishing up a desk with a grinder and smoothing centre of holes drilled. Hear a commotion outside and there's people with police stood by them telling them to put hands in the air even though it was a young boy further down the road with a gun. My sister and I decide to go and have a look so we swap shoes and walk out wearing summer dresses. End up looking for vintage clothing with Mom

7 3 04.33.36 NS

I had 46 little plastic cups, this meant that I could win a holiday of a lifetime. I was about to go on air on the radio but recounted my cups and realised I'd only got 45

7 5 11.16.48 NS

Met up with old school friends and went to a pub. They were really pressurizing me into having alcohol and it made me really uneasy and left out so I left them there and went home. They then phoned to see if wanted to go out for the day so I went along and we all took dogs. Walked into the local park where an event was taking place and there was a notice on the wall that I'd an award for the quickest delivery of local parish magazine.

7 2 12.28.48 NS

Whilst walking with girls in the grounds of Hawkwood recalled dream - were discussing proving with group in particular sexual symptoms and some of girls were saying "well what would you know about it?" and like a 'little madam' I put my hands on my hips and stuck my chin out and said, "I do have a lover you know!"

9 2 10.48.00 NS

A crowd of men were chasing me down the street shouting, holding and waving knives like they wanted to attack but quickly the feeling became more like rushing and hurrying, like being in a crowd of people at a busy bazaar and everyone was in a hurry but I don't know where they were going. The men were wearing long white floor length shirts and the knives were gold, glinting in the sun.

11 Zero 0 NS

I was under a bed and a guy came back to me, a guy whom I had cheated or treated badly or I had done something and he wanted to take revenge and he had a gun. I was under the bed in the dark or actually not under the bed I was sitting next to the bed trying to make myself invisible. So he was looking for me everywhere, he was not just furious, he was outraged and he was primitive and he was trying to get me and then he did, he shot me I don't know if he killed me because then we usually wake up but .. there was another moment. I don't know if it was the same guy or his brother and he also tried to kill me for the same reason of .. I think it was humiliation, it was all about inferiority and superiority, he had put a bunch of ... he had put a ribbon around my wrist and made several knots and there was a bunch of balloons on them and with these balloons of different colour he lifted himself up in the sky which was like his death sentence and I was trying to get the ribbon off my wrist before he would pull me and I was almost done and then people started screaming and saying they would help me trying to hold me on the ground. He's like this really extreme figure almost like a "Joker" figure something like that .. he didn't look like that but something of the energy, very primitive and very beaten down and very ... I don't know what I did so that he would react like that towards me but I had taken something from him ... I was so sure I was getting the ribbon off before going up in the air and there was like a voice, like a divine voice telling me what to do, even when I just sat in the dark with the first guy instead of hiding under the bed I felt that's what I needed to do and it happened also in the second case, I felt almost loved, and then he would give an interview later in time and in life, talking about me and twisting the fact. It would mean that I would be dead and he would be alive ... anyway it was very strange and sort of like in a prairie setting.

12 5 NS

In dream one had to sing "Bye Bye Blackbird", the order of singing (there were also others) was alphabetical, but going by the first letter of the song one sang, not by letter of the singer's name. There were also books in the dream and lots of people

13 4 XX.XX NS

I dream of a fight at a casting. There are two guys and the play a scene, I am staying out of it, and it's the director's assistant who plays this guy who gets killed by the other guy. He then jumps to his feet and says "Then I can finally do my director's assistant job, I am glad." No, actually I say I am glad to see you on your feet, to see you up again .. and there's also a woman, she's very tough and she says "well that's the first thing to become a set AD (Assistant Director at film set)". For me the most important thing is that I get the role. And by him (the director's assistant) being out I get the role, we are sort of in competition but he's nice to me and he comes up to me and speaks of a former casting and says "Why did the director come to you before the scene and talk to you and saw if you were ready? I would have needed that,.. it would have .. I wanted that. And I say that he wanted to see if I am ready but I know that he actually helped me by contacting me before.. before we played and it goes back in time.. it was something that was decided a long time ago about a certain casting and me being outcast and then by doing this again.. by going in there again, I change the game, I change the positions or the positions are changed. Suddenly I am on top, I have the part and before I was out and I thought it was Him who got me out but He's so nice to me and again a song plays "Bab bab ba ba bab" It's almost like baobab, it's very strange "baobab" (had read about the remedy of baobab during the day) and the b .. bye bye blackbird ba ba ba babab bbbbbbbbbb b b like a baby almost b bb bb b b a baby doesn't only do aa but also bbbbbb ... I am so glad I

am in the team so glad it worked this way and it solved something. Gabriele (former friend and colleague) was there too and I don't know which other woman, was it Verena (another former friend) Gabriele looked at her cell phone, first I thought she's angry with me but she's not and they make jokes and she says it's all ok and she's very professional, very grown up and I am so glad that I did that and that it is a new "Ausgang",

13 4 XX.XX NS

I dream of a colleague who joyfully tells me that he is going to play a role in a movie. I find out that they make a film out of one of my favourite plays that I always wanted to do. I ask the colleagues how he managed to get the part and he tells me that he has connections within his family, his father-in-law who helped him get this and I am thinking in the dream that naturally it was because of the support and connections

13 9 XX.XX NS

Woke late knew I had been dreaming and knew these were from two separate dreams. One was a very big snake and the other was a really big reel of cotton something in my head says it may not have been big but I may have been tiny so it seemed big.

6 xxxx NS

I'm being constantly watched and followed, I'm at high risk of something bad happening. I'm on a carpark and chatting to group of people, there's a big red van in one of the spaces and the side door opens, I'm being dragged towards the van, I'm screaming at the top of my voice but it seems really quiet, I can physically feel how loud I'm screaming, but no one hears me. They're all stood so close but can't hear. I need to get away because if they get me into the van they're going to drink my blood. I pull free. There's a huge meeting with loads of people who are my family and friends saying I have to have constant protection especially going to and from places like college and work. I have a strong need to feel protected. I find myself lying on the edge of an outcrop (not quite a cliff) with water flowing over the edge. I'm on my stomach looking over the edge and there is blood running out of my mouth, colouring the water frothy red. I'm curled up on the sofa with my 'boyfriend' (no clear image of who he is) being really tightly held and I feel we need time alone, about to suggest we leave and go to another room but another couple do so we feel obliged to stay there

7 35 XX NS

I dreamt that my youngest was a little baby but she started her period. I picked her up from the sofa she was sitting on and there was blood underneath and I was really shocked and woke up because she screamed in her cot. Felt very strange about the dream, like do I see her as a woman not a baby? It was surprising in the dream but not as it would be in reality, it felt like it was something that can happen.

3 28 00.00.00 ns

Dreamt that I had thousands of bugs crawling into my eye sockets and out of my mouth, so vivid. I think they were woodlouse but I'm not sure. It was continuous in the eye sockets and out of the mouth, flowing. I felt numb when I awoke as I knew I was dead in the dream. I was frightened when I woke. It also scared

me, a breathless shock when I looked at the time and saw it was the exact same time Nina woke from her dream.

10 2 X3.33 NS

Woke up screaming, terrified and breathless from a nightmare. I dreamt some people were breaking into a Landrover and they took out a black box like a safe. Then my dog started talking to me and then started attacking me

10 10 12.45 NS

Had a dream, forgotten as soon as I awoke. All I can remember is something about a split or two of something

10 3 XX.XX NS

I am in some clerical actually church circle, there's the form of the window kind of with five corners and I'm in the church where I also know that I am dreaming and wanting to sleep..

12 6 XX.XX NS

There is a flower I start pulling, like a water flower and when I do suddenly two dolphins appear, grey shimmering, something scares me and I wake up.

12 3 NS

Physicals arranged alphabetically

Abdomen

Bloating and discomfort in my belly, nausea. Belching.

4 3 16.14.00 NS

Evening after dinner 6.30/7pm bloating and discomfort in my abdomen. Flatulence. Nausea. Feel like I need a poo and suddenly very thirsty. Sat on the toilet for some time with very little result. As soon as I came off the toilet, I had further flatulence. Very malodorous. Still nauseous.

4 25 XX.XX NS

Feeling of tightness, contraction in my uterus. A little like period pains. I am mid-cycle so this is not normal.

4 40 XX.XX AS

Period pains. This is unusual because it is the last day of my period and I never get period pains at this point in my cycle.

4 33 21.00.00 AS

I have quite strong period pains when I wake up but I'm only half way through my cycle still.

4 42 06.30.00 AS

Period pains, energy sensation all over abdomen and torso to chest. Nausea.

4 1 05.33.00 NS

Feeling bloated in abdomen

6 RS

I have a sharp pain inside tummy level with navel and about an inch from navel out to right side, didn't last more than a minute.

6 15.20 NS

Feel very fat feels like top of my tummy expanded

6 22.30 NS

Stomach cramps mild in general normally can't go to poo here all weekend but this time been several times already

6 13.12.00 NS

Upper tummy pain while eating sandwich on ferry. (Forgot I shouldn't have coffee and had black coffee on ferry which is normal for me).

6 03.36.00 NS

Sharp pain mid tummy, went side to side like a sharp knife laid on its side, went and came back within ten mins. Each pain only lasts about ten seconds.

6 04.33.36 NS

Pain across lower abdomen, from hip to hip bone as if someone has pushed a blade in horizontally.

6 17.40 RS

Just eaten and pain in stomach left side crampy like.

6 18.40 NS

Stitching pain in right groin, inguinal region.

11 1 18.05 NS

Swollen abdomen, as if pregnant

7 3 13.12.00 OS

Nausea with feeling of hot lump in abdomen pushing up to lower ribs and extending into lower chest.

7 27 08.24.00 NS

Stitching pain in cervix/lower down in pelvis, coming in waves, felt heavy right down near bottom and into groin.

7 1 02.24.00 OS

Heavy ache really low in pelvis going right into groin, dull and throbbing

7 3 09.36.00 OS

Stabbing pain in pelvis going into the right groin and then extending back into rectum, as if being stabbed right through from front to back. Made me feel like I wanted to curl up into a tight ball to make it stop but this didn't help.

7 4 05.02.24 OS

Pelvic pain, hot sharp pain then a swirling mass, then waves of stabbing. Extended through to lower left back and becoming an aching solid mass

7 4 07.26.24 OS

Later on, energy sensation gone but intensity of period pains drove me out of bed at 07.30 had a massive evacuation on the toilet, and then the feeling in my bladder of a UTI. Cutting pain upwards and sensation of not having fully emptied my bladder, and the desire to pee a minute later. I worried that I would not be

able to treat the UTI with a remedy without ending my proving journey. I don't want to do that. The feeling in my bladder was less intense after my shower but not gone. Period pains also less intense but not gone.

4 1 07.20.00 AS

Back

Just sitting in chair, pain in back just below rib cage on left side of spine. Pressing sharp pain. Lasted 10 seconds. Made me take a deep breath.

1 0 04.33.36 NS

As the morning unfolds I notice I have slight back ache, it is in the lower back where the spine goes in just above the coxis. As the day goes on the ache gets worse. It progresses through the week until it gets so bad it is keeping me awake. I wake every hour or so. Back ache lasts 4 days.

2 4 XX.XX NS

Backache is back, it has gone on for five days it is extremely painful and makes it very hard to move it's a deep aching pain in my lower back. It had improved a lot after the third day but then I did quite a bit of gardening and made it much worse. It's now very painful and I'm going to have to seek some professional help. It is stopping me from sleeping. It's like the whole lower part of my back is welded together into one fragile piece of bone that hurts under any slight movement.

2 11 XX.XX NS

Hip shooting pain. Lower left back side. As if someone is stabbing through my coccyx. Better for pressure and lying down.

5 10.00.00 IOS

Shooting pains from left back pelvic area. Like lighting. Shooting out when sitting or standing. Like someone is stabbing me through my back to the front of my hip. Short sharp repetitions of stabbing. Better for lying down in foetal position. College weekend, intense pain

5 13.30.00 IOS

Shooting pains from left back pelvic area. Like lighting. Shooting out when sitting or standing. Better for stretching.

5 1 04.04.48 RS

Pain under left shoulder blade.

6 10.48.00 NS

Pain under left shoulder blade.

6 13.55.12 RS

Pain under left shoulder blade pressing like someone pushing thumb in really hard then gone but repeated six times this time.

6 13.12.00 NS

Got up off the loo and my back gave me such sharp pain across top of hips, side to side but at back, tried doing a forward bend to ease it out did manage to stand but very painful. Feels like, just another thing as I'd put my foot down and decided I was going out for a walk regardless of heel pain and this but I persevered and went. Felt sharp pressure in heels on way up hill but after a while it relented, back aches and painful with certain movements. Lapped up the sunshine in the garden by sitting out after walk. painful on and off all day head feels fuzzy again like I can't concentrate or think. Tried to do homework but couldn't didn't know where to start, brain really not happy. Had to stop texting it was like it was too much for my brain to cope with.

6 10.45 NS

The soreness in my back seems to have eased quite a lot, still there on exaggerated movements.

6 11.26 AS

In shower felt immense pressure across top of a shoulder and going downwards as if recent neck pressure had spread out and sown a little.

6 8.30 AS

Sore back, had to give daughter bag to carry as it felt too heavy and was hurting my back.

11 9 X NS

Dull ache in lower back.

11 1 14.39 NS

Dull ache in right lower back.

11 2 13.15 NS

Sweaty on back of neck. Hot inside of elbows and between shoulder blades

7 0 11.16.48 NS

Heat running down spine. Tingling feeling across tops of feet.

7 0 11.16.48 NS

Heavy aching pain across top and front of shoulders. Feels like weight pushing down on them. Actually sums up my whole day which has been spent going from place to place helping others and trying to keep people happy and calm and relaxed. Has had opposite effect on me.

7 5 10.48.00 NS

The dull ache now in top of right buttock going down into right thigh and the insides of my thighs ache as if been walking long time uphill.

7 3 12.00.00 NS

Now a dull ache up right side of back along spine.

7 3 02.24.00 NS

Shooting pain in left shoulder blade, hot, going right through body into chest, feeling as if being stabbed from back through to front.

7 3 00.00.00 NS

Started to ache right across the width and across the bottom of shoulder blades. Comes in throbbing waves.

7 3 10.48.00 NS

Walking dog and get a shooting stabbing pain up right side of back along spine.

7 3 09.36.00 NS

Shooting pain above right buttock going across lower back

7 3 12.00.00 NS

Bladder

Urination, pressure to go, before I go out, rushing to when I get in, can be up to three times a night, if I'm in competition - many times before I have to play. Since taking the remedy I've found more urgency in this department. On waking, certainly after 9 holes of golf - even though I've been before going out.

1 9 xx.xx NS

Later on, energy sensation gone but intensity of period pains drove me out of bed at 07.30 had a massive evacuation on the toilet, and then the feeling in my bladder of a UTI. Cutting pain upwards and sensation of not having fully emptied my bladder, and the desire to pee a minute later. I worried that I would not be able to treat the UTI with a remedy without ending my proving journey. I don't want to do that. The feeling in my bladder was less intense after my shower but not gone. Period pains also less intense but not gone.

4 1 07.20.00 NS

Awoke needing a wee but decided to try and go back to sleep and ignore it.

6 05.30 NS

There have been occasions of a dribble of wee at odd times (can't remember anything outstanding to go with this).

6 xxxx NS

Been up about five times in the night for wee.

6 xxxx RS

What had woken me from my sleep was stabbing pains in my pelvis/bladder.

7 4 02.09. NS

I had strong urge to go to the toilet to urinate

7 4 02.09. NS

Lately I've been having problems with incontinence, really struggling to control bladder, rushing to the toilet, getting worried about going places in case there's no toilet about. I am now aware that that sudden urge, desperate feeling has lessened. I haven't got 'latch key' bladder as bad, when I get home I can take shoes and coat off etc. before going to the loo (if need to) instead of rushing and occasionally having slight accidents.

7 19 09.36. AS

Bad UTI sensation at bedtime. No burning or anything when passing water. Increased urges to urinate.

9 2 21.30. OS

Bad UTI sensation at bedtime again. No burning or anything when passing water. Slightly less of an urge to get up and go to urinate.

9 3 21.00. OS

Chest

Heaviness, centre of sternum, with palpitations, enough to make me hold the worktop to steady myself. I was about to make some chocolate coated dried fruit (reindeer droppings) for the class tomorrow.

1 57 08.24.00 AS

Heaviness, centre of sternum, with palpitations, after a light lunch. Feeling like the heart is in mild crisis.

1 58 09.36.00 AS

Momentary stabbing pain in chest, caused me to take a deep breath and then was gone.

4 1 11.51.00 NS

I bent forward whilst inhaling and I got a pain in my chest and it felt like my lungs had stuck together on the inside and I couldn't continue my breath. I stood upright and it passed straightaway.

4 3 12.34.00 NS

Sensation of pressure on chest.

4 0 01.25.00 AS

Felt like an oval shaped flat object was being gently pressed against my chest. Slight tingling sensation, especially in my breasts. Not painful.

4 0 00.00.00 NS

Sensation like a strained muscle in my left pectoral area. I want to massage it but actually that makes it hurt more.

4 3 XX.XX NS

Woken up with a feeling like my chest is caving in from the centre. Can't breath, hurts to cough. Have to sit up. In a panic with the pain of chest caving in. Horrific darkness and pain.

5 12.30.00 NS

Struggling to breath. Coughing and again feel like my chest is caving in. In panic as I can't breath and the pain in the chest is unbearable. Can't talk, can't communicate. Breathing fast and crying in pain.

5 19.40.00 INS

Cough finally disappeared. Lasted two weeks.

5 xx

Small pain left top of breast felt on outside of skin

6 03.36.00 NS

Both nipples feel sensitive and sore to touch. This lasted for five days.

11 10 X NS

Barky cough that feels a little tight when swallowing.

12 0 0.18 NS

Taking deep breaths.

12 !7 12.37.00 NS

Nervous palpitations.

12 1 18.305 NS

Aching heart, sat down to calm down, involuntary passing of urine. When I started getting angry with my children my heart /chest area started aching

8 day10 midday ns

Cough

Dry cough, irritating tickle in larynx (near thyroid) in the dip above the collar bones. Phlegmy plug causing irritation.

4 13 XX.XX AS

Sore throat much improved today. Replaced by a tickle that provokes a cough. The croupy-ness of the morning passed, it feels like a web of phlegm where the pain was yesterday and that's what makes me cough.

4 12 XX.XX AS

Ears and hearing

Right ear, pain inside running down neck. as if molten wax was being poured. pulsating, pulling the ear amel. Lasted 10 minutes.

1 11.16.48 NS

Both ears feel full, pulsating loudly, like I'm listening to the sea through a shell.

11 1 6.3 NS Ear

Right ear blocked, feeling of fullness, ringing.

11 0 1.27 NS Ear

Twice there were noises outside in the corridor, once people talking, laughing outside door, second time sounded like someone cleaning. Thought 'why?' Normally quiet during class. Wanted to say sshhh. I felt annoyed but in a calm way.

7 1 xx.xx NS

External throat

Right gland under ear, feels sore to touch.

1 1 00.28.48 OS

The front of my throat/neck is really itchy. Scratching eases it for a brief time but then it starts again.

7 35 09.36.00 NS

Extremities

Feet feel like ice blocks. Like they're not my own. Disconnected. Cut off by the ankles. Blood flowing to the ankles and back up again. Visions of morgue like feet.

5 0 00.00.00 NS

Bruise right hand middle finger in-between first and second knuckle. No reason for the bruise there. Also painful like a bruise. Worse for pressure and straightening finger.

5 9 14.00.00 NS

Hungry as if I'm drunk. Want to eat fast and all at once. Will eat anything and everything.

5 0 07.55.12 NS

Thighs felt hot, thick and heavy – full.

7 0 01.12.00 NS

Itching on outside of left elbow.

7 0 12.28.48 NS

While sitting watching tv, hands locked together, thumbs twiddling, only just thought that I've been fidgety. In terms of the proving I think before I would be fidgety in my feet, which has now changed to my hands more.

1 20 03.36.00 OS

Big toe right foot pain, accompanied by thirst and heat in head. Lasted for 2 seconds, thirst, had to go out of the lecture to get a glass of water.

1 29 04.48.00 NS

Pain has moved from groin to backside, very sore. Hard to walk, but better on movement. I had some tomato soup for lunch, which can cause me too much acid in my system. Usually it is only with raw tomato.

1 30 10.48.00 AS

I had a pain down the right side of my outer calf, I had to keep stretching my foot and circling the ankle. My hip pain seemed to be less while I was getting ready to go to bed.

1 22 04.48.00 AS

Right hand skin sore between thumb and 1st finger around knuckle. sore when pressed.

1 29 01.26.24 NS

Right foot, between little toe, very itchy tonight, I used to have athlete's foot many years ago in the same toe, want to keep rubbing it with my other foot. I can get this aggravation even if I eat mushrooms, since having candida albicans following 5 lots of antibiotics 10 yrs ago.

1 20 07.12.00 OS

Energy feeling in my legs, intensely aware of them not exactly buzzing but more there than usual.

4 0 04.08.00 NS

Energy sensation in my legs again.

4 1 10.51.00 RS

Strong sensations up the backs of my legs, like a current, from my calves to mid thighs, really intense. In the ankles too I can feel it really strong, it's almost overwhelming

4 0 04.16.00 AS

Today I am noticing that the eczema on my hands is much better. I have not had any new blistery outbreaks in days. They are very dry and itchy, especially after hand washing and worse in the evening but so much better than they have been recently.

4 7 XX.XX AS

The eczema on my hands which has been so much better this last week (just dry and sensitive but no new eruptions) was very itchy this morning. I can feel some new blisters. It feels really disappointing.

4 11 XX.XX AS

My fingernails are breaking (very low)

4 29 XX.XX NS

At bedtime. ice block feet

4 2 23.30.00 RS

3am woken up by intense itching of my hands. Unbearable, incessant, driving me crazy. Even though it hurts I have to itch. I put some calendula cream on after having a good scratch and was able to get back to sleep.

4 15 03.00.00 RS

Woke up with very itchy hands, as above.

4 16 04.22.00 RS

Hands. no new blisters, but skin very dry and scaly and breaking down. Extremely sensitive and painful, like there is no barrier, hand washing feels terrible. My hands itch from when I get up in the morning (7am) for a couple of hours, then it settles down.

4 18 07.00.00 RS

My hands are so much better after sleeping with magnets on them for the past few nights. It is allowing a much speedier recovery of all the broken skin. The difference is astonishing.

4 23 XX.XX AS

Tingling around armpits and down my arms, excited feeling.

4 0 00.03.00 NS

Feet and neck hurt all day.

6 xx.xx RS

Left hand numb for about 20 mins.

6 6.30 RS

Feeling panicky, both hands numb again this morning after doing yoga nidra my neck issue seems to be getting better (that came with the 2nd or 3rd remedy my homeopath gave me).

6 7.30 RS

My feet are really hurting to walk now.

6 12.15 RS

Feet hurt when I take pressure off of them.

6 14.40 RS

Just realized my feet didn't hurt until went to jog out to the car.

6 12.15

I just realized my feet haven't hurt until now yippee.

6 17.40 NS

Feet very painful can't seem to do anything with them to ease it. If I stand it hurts if I take the pressure off it hurts and massage hasn't helped either (guess I shouldn't have gone for the walk this afternoon).

6 18.00 RS

Had a long day on feet and they are really tender this evening still.

6 xxxx Rs

Heels still painful but different again today its equal on both heels but further back again.

6 7.30 RS

Feet hurt to walk on again but I did go for about an hour's walk yesterday afternoon.

6 xxxx RS

Awoke for wee but hurt to stand on feet again.

6 01.12.00 RS

Numbness left fingertips.

6 03.36.00 RS

Tingling numbness in left hand fingers.

6 03.50.24 RS

Tingling of left hand fingertips only.

6 xx.xx

Feels like swollen hands and fingers although they look normal and will bend if gentle and slow.

6 13.30 NS

Itching of left palm, relieved by scratching.

6 17.40 NS

Itching right palm.

6 10.48.00 NS

Feet bad pain moved to mid heel.

6 xxxx RS

Feet really bad, have just been for a walk but seems it's from yesterday where I was just stood ironing for hours or so. Back not good again this evening but think my driving position isn't good in the car so have changed the seat position.

6 17.05 RS

After being unable to walk much as a NS from recent remedy from my homeopath, I did manage to walk down to college gate without pain in feet(heels) but did get a lift back up drive.

6 08.24.00 CS?RS

Heels very painful to walk on again but now can't describe the pain.

6 xxxx RS

My heels still seem to be hurting in bed this evening.

6 22.53 AS

Heels painful again.

6 xxxx RS

On getting up and walking for the first time I felt I could put words to the heel problem pain and it felt tight.

6 07.48 AS

I have walked a short way heel pain changed, less painful on walking more pain when I sit in car and take pressure off feet but now towards the back of the heel.

6 15.35 NS

The joints in my arms feel heavy like I have overtrained them but I did not train yesterday.

10 5 14.2 NS

My legs feel really heavy all the way down. Dull pulsating ache.

10 5 11.54 NS

Went to bed and was so cold I left the heating on and wore bedsocks and a nightdress

10 0 22 NS

Right knee had that deep shooting pain again whilst walking downhill with Charlie today. It stopped again when I walked uphill.

10 5 18 IOS

Feeling incredibly cold. Cold feet, arms, legs, toes. Shivery, chill, like sitting in a cold bath or shower, felt like my feet were sitting in ice.

11 1 12.12 NS

Cold hands and feet.

11 1 12.19 RS

Sharp, shooting pain in outer right hip, Lasted about a minute.

11 8 12.2 NS

Shooting pain at back of left knee down into top of calf.

11 1 18.08 NS

Shooting pain over right kneecap.

11 1 17.49 NS

Pain in right calf and right thigh, sharp, brief, shooting pain.

11 0 0 NS

Pain in my right knee, sharp like a needle, as if a thread was being pulled over the right side of my knee cap.

11 1 14.27 NS

My legs and limbs feel heavy, like they are weighted down.

11 12 X NS

Nails splitting x4. I have very strong nails but have had to cut them all short and file them.

11 5 20 NS

Sharp needle like pain over the top of my right kneecap.

11 2 13.13 NS

Pain in left thigh, pulling sensation, like pulling a string.

11 1 14.47 NS

Thumbnail split.

11 11 X NS

Felt a tingling in both hands

11 0 0 NS

My handwriting changes and becomes smaller. More refined. A little more confined, yet free. More contained.

12 0 0.18 NS

Smaller handwriting.

12 17 20.30.00 NS

Feet cold.

6 11.16. NS

Cold hands.

6 12.50 NS

Cold hands.

6 03.36. RS

Cold hands (remembered after I walked down to college gate and back without heels hurting me).

6 12.43. NS

Feet hurt to stand on again.

6 19.00 RS

While sitting listening to the lecture my right hip and buttock felt tingling all around for 10 or so seconds.

1 1 02.52. NS

The distal interphalangeal joint feels sore today, following two hours of leaf blowing yesterday, the joint is slightly inflamed. Not unexpected from holding a heavy machine.

1 6 08.24 NS

I woke up with a sore right foot to walk on, when pressure was put on the ball of the foot up into the instep area. By the time I'd walked about 20 yards it seemed to resolve itself.

1 4 03.36. NS

While walking, frontal knee pain, sharp, as weight was put on the right leg. I'll start wearing my Fitbit again overnight... the last time I wore it was 177.19 and the awake times then were 0.02, 0.56, 2.53 and 3.42. I didn't like the energy of the watch overnight so I stopped wearing it.

1 6 03.21 NS

Heel of left foot, skin deeply cracked with one deep crack painful to touch. Small thin cracks splitting off larger ones like streams branching off from river, look like network of veins.

7 44 10.48 NS

Had stabbing pain in right groin, worse when walking.

7 26 00.00 ROS

Had stabbing pain in right groin, extending into inner and front of right thigh, worse when walking.

7 26 00.00 ROS

Was woken by stabbing pain in right big toe.

7 0 4.xx IOS

Excruciating knee pain right knee.

6 08.30 RS

Excruciating sharp pain in right knee only lasted a second or so.

6 10.30 NS

Excruciating sharp pain in right knee only lasted a second or so.

6 12.05 RS

Right knee popped under the knee cap where I had been experiencing pain, no pain.

10 6 11.15 IOS

The sciatic pain shooting down my legs is now radiating further up my lower back and it feels like its making me hunch over and walk with really tense shoulders. It feels like I have something restrictive on my back like armour or a shell and the pain is throbbing and annoying.

3 6 00.00.00 IOS

The sciatica is so suddenly painful its shooting down my legs like lightening and I can't walk or move, it's like I've been electrocuted and my legs have metal rods in them which are radiating pain and if I move it makes them hurt like the game operation.

3 10 00.00.00 IOS

I have sciatic pain running down the back of both legs, I usually get this the week leading up to my period. It's a dull ache which is really annoying and constant

3 3 14.00.00 rs

Pelvis - Right hip intense dull ache in ball and socket joint.

6 18.15 NS

I have a weird feeling in my right leg like someone is pressing on the back of my calf with a hard thumb. Its uncomfortable and lasts about half an hour and I can't seem to shake it off.

3 29 00.00.00 ns

Spontaneous pain deep inside my right shoulder joint. Throbbing.

4 40 16.43. AS

Shoulder still hurts today. The pain comes and goes.

4 41 XX.XX RS

Piercing pain in right shoulder blade, near the top. NEED to press on the painful point, even though it almost makes me feel sick

4 30 11.300.00 NS

Shoulder feels different today. The original stuck part on the left is still there, but today it is the right side that hurts more. I move stiffly with limited motion in my neck. It is painful and feels worse as the day goes on.

4 21 XX.XX AS

My right shoulder still really hurts deep inside. It is a dull pain which is always there but the intensity changes, like waves.

4 18 XX.XX RS

Eyes and vision

Itchy eyelashes and eyes. Want to itch with fingernails. Both eyes. Feels better for itching. No other symptoms just eyelashes. Worse if I'm tired, worse when straining the eyes.

5 09.27.00 RS

Sharp pain in left eyeball, needle sharp, quite sudden, but not enough to wince.

11 1 14.48 NS

I had a sharp pain in my right eye, towards the rear, a fleeting stabbing pain, then a flickering sensation towards the right temple. The vision wasn't disturbed. This only lasted a couple of seconds.

1 8 06.00.00 NS

Eyes burning, just needed to close them but it didn't help.

7 2 03.36.00 NS

Feeling dry and itchy.

1 1 03.36.00 OS

Really tired, eyes smarting, want to just close them and drop off to sleep.

1 26 07.55.12 AS

I had red eyes this evening, they were itchy and found it was difficult to read. The eyelids felt as though they were rubbing against the eye like sandpaper.

1 12 02.24.00 RS

I woke feeling tired, eyes are still uncomfortable. It took me a while to come to.

1 13 10.48.00 RS

Eyes Itchy.

1 9 06.00.00 RS

Woken with incredibly itchy and sensitive eyes, can't stop itching them.

3 3 00.00.00 NS

My eyes are itchy and twitchy again, but this time at night not the morning

3 1 00.00.00 rs

My right eye twitches a few times uncontrollably, it happens now and throughout the day.

3 2 07.12.00 ES

My right eye twitches a few times uncontrollably, it happens now and throughout the day

3 1 03.36.00 NS

Dry, itchy, tired eyes. Feeling sleepy. Desire to rub eyes.

4 27 23.00.00 NS

Vision disturbed, somehow patchy

4 2 12.13.00 NS

Itchy eyelashes and eyes. Want to itch with fingernails. Both eyes. Feels better for itching. No other symptoms just eyelashes and inner corners of the eyes. Worse if I'm tired, worse when straining the eyes.

5 ALL day and night NS

Had optician apt. and they did an extra scan and now I have to go to hospital as a part that sometimes splits on other people and leaves a bump has split in my left eye but a bit has moved towards center on level 4.?

6 14.15 NS

Heavy feeling behind the eyes and extremely tired, lethargic.

10 1 11 NS

Can hardly keep eyes open.

12 1 16.02 NS

Lids become heavy.

12 0 0.15 NS

Heavy eyelids.

12 17 15.56.00 NS

Just noticed but has happened several times already eyes dry up.

6 13.40.48 NS

The sore neck of the night didn't carry on to daylight, but I woke with really dry eyes, I had to wet them with my fingertips dipped into the water from a glass beside my bed. There was a lot of sleepy crustation around the corners of the eyes. I felt again as though I'd been through the ringer overnight.

1 8 03.36.00 RS

Cold-like symptoms. Heavy puffy eyes. Left nostril blocked. Thick head over left eye, feels like cotton wool

10 3 7.06 NS

Wow everything is so crisp and amazing. The trees are really beautiful, the grass is really green, everything's a bit sparkly out here today. I feel like I've been at a festival for three weeks, had the time of my life, had a good sleep for a day and then woke up still a bit spangled but ever so calm. Spangled feels like relaxed, at ease with myself, warm, cosy, wrapped up.

10 1 7.45 NS

My eyes are so intensely light sensitive, they are normally light sensitive but I want to wear my sunglasses all of the time, everything is so bright, clear but so bright.

10 1 10.15 IOS

Driving home, senses still feel heightened, colour, sound. The sun set is usually amazing but it was so clear tonight as I came over the Severn bridge and whereas usually I'll have my stereo up as loud as it will go (and my headphones when at the gym) I couldn't have the headphones loud last night, nor my stereo in car driving today, it hurts my ears now. They hurt like pressure and I want to squint hard too and close my eyes from the pain.

10 2 18.13 NS

Missed from yesterday evening after proving while sat with a colleague noticed the picture of the mythical bird phoenix on the wall was very clear I want to use the word 'cut'.

6 xx.xx NS

Woke. Everything seems clearer. Real clarity, crystal clear, lines, light, colours. Normally blurry eyed and groggy.

7 1 xx.xx NS

When I was ill a few years ago I lost a lot of my peripheral vision. Because of this I am monitored on a regular basis at work (opticians). My right eye is as good as back to normal with practically all my vision back since last test. My left eye, even though a lot is still missing, has improved since last test

7 48 00.00. AS

Woke up. While coming to my eyes feel dry. Closing eyes and letting my mind wander, there were within the dark - clouds forming and moving, moving all the time reshaping some times brighter, as if being blown in the wind seeing them mix together. There were patches where there was brighter light as if something was sparked by energy bringing light which then expanded mushrooming out with the gills of light trailing towards the middle. Not in a true circular shape morphing into the cloud surrounding the light. Some of the Attenborough programmes on sea creatures that light up in the dark like a jelly fish with pulsating waves of energy through their body, a similar visual but not in the jellyfish form.

1 1 03.36.00 NS

Face

My nose was blocked up on waking, left nostril only. The left cheek is a little pink and puffy, with a fullness sensation through to my left ear. No heat. This problem occurs normally when I've been doing dusty work. A hangover from the orbital floor repair, drainage from the left sinus is not its best.

1 10 03.36.00 OS

Feel as though someone has booted me in my left cheek. And it has reverberated through to my ear.

1 26 10.48.00 OS

My cheek is still up, there is feeling of pressure outside the left eye running towards the ear. Pain when pressing the cheekbone.

1 11 00.14.24 AS

I notice I have a tiny, small, painful crack in my lip on the left side, just above the corner.

4 27 XX.XX RS

I notice a sore feeling in the corner of my mouth on the right side. Like a little cut.

4 2 09.02.00 NS

Have a feeling as if I'm going to get cold sore on top left lip.

6 06.43.12 NS

Very dry lips whilst driving to college, had the urge to lick them continuously for about 10 minutes, felt very thirsty but did not drink.

10 1 8 NS

Lips feel slightly swollen and tingly

10 0 XX.XX NS

Dry lips, kept on wanting to lick them.

7 0 01.55.12 OS

Cheeks and sides of face itching - as if a hair was tickling/irritating skin.

7 0 03.36.00 NS

Itching of face extended down then moved to chin.

7 0 10.48.00 NS

Female

Menses very watery.

6 07.30 NS

I am happy that my period has come and feels very different to normal because I usually get such intense cramps and feel horrific and I do have bloating and water retention but I haven't had the agonising cramps that usually precede my period. I was seeing my homeopath about this and just took my constitutional remedy which did work for a bit but it didn't have this effect of pain relief.

3 14 00.00.00 CS

Clots in my menstrual blood.

4 3 07.32.00 NS

Evening. My period is 2 days late and I have really intense period pains in my womb and lower back. Better for heat and lying down.

4 55 XX.XX AS

Period started two days early. Period pains on left side, like lightning shooting pains into my hip. Never start period early and period pains unlike normal.

5 16.00.00 NS

Period started two days early. Period pains on left side, like lightning shooting pains into my hip. Never start period early and period pains unlike normal.

5 3 07.15.00 NS

Shooting pain left groin. Just above the pubic bone to the left. Intensified after lunch. Desire to be in bed, dark room and knees bent up to chest. Feeling sick with the pain. Feel the sickness in my throat.

5 09.18.00 NS

Period finished. Lasted 5 days longer than usual. Have never started early or have gone over five days in the last 30yrs!

5 13 16.00.00 NS

Period finished. Lasted 3 days longer than usual. Have never started early or have gone over five days in the last 30yrs! Heavy flow for three days.

5 xx NS

Flow was light at the start as normal, but more like fibre. Then throughout the period the flow got heavier and a lot more blood than usual period. Mainly due to the length of period. I normally only have one 'medium' flow day, all other days are light. This period I had three medium/heavy days.

5 3 Period duration NS

Sensitive vagina, like thrush, but no other evidence of thrush. Sensitive to touch. Haven't had thrush for 20+ years. Lasted two days.

5 xx OS

Off sex not interested at all.

6 23.00 NS

I had three episodes of an abnormal amount of discharge, no smell just a white chalk colour. It reminded me of the thrush I suffered with for a year.

8 29/30 pm as

Days 45-50 period. No PMT, no clots, no period pain except very slightly on day 45 when I felt a dragging sensation. No migraine during my period although my eyes were sensitive to light and my head felt fuzzy.

11 45 x CS

Started my period. No headache or migraine. Slight dragging sensation first thing in the morning (took two paracetamol) but then nothing. Days 22, 23 - no pain, no dragging sensation, no flooding, no clots, no backache, no migraine. All of which is unusual.

11 21 X NS

Dragging sensation across bottom of uterus.

11 3 11 OS

Period pains, dragging sensation in uterus, like something is pulling away from the side of it. I have just finished my period (day 7) and although I usually have period pains, I wouldn't expect to have them when I'm not having my period. This lasted for 21 days.

11 1 12.58 AS

Sharp, shooting pain in right ovary.

11 13 23.02 NS

Right ovary throbbing.

11 2 23 RS

My uterus feels as if it's on fire. It's not a burning sensation, but it feels alive, active and full of energy.

11 12 x INS

Uterus feeling strange all day. I have a constant awareness of my uterus, like a tingling or pulling away sensation. Also sensation of fullness and bloating, but from my uterus rather than from my stomach. Skirt feels tight.

11 9 X NS

My uterus continues to feel constantly present. I'm aware of it virtually all the time. It's like I can actually feel the endometrium and it's tingly, throbbing slightly, not painful, but present, like it's making me conscious of it.

11 11 X INS

Generals

Aware of touch. Sensitive to it. Bonded.

5 0 00.00.00 NS

HOT! So hot all over that I had to change clothes. No sweat, just boiling heat.

5 1 13.20.00 IOS

Have a cough but feel so much better in the day than the night. Managed to go to work with energy.

5 09.00.00 NS

FREEZING cold in bed. Feel like an ice block. Shivering and feeling very sad for myself. Caving in feeling has gone, but replaced with severe coldness.

5 22.00.00 INS

Feeling wobbly. A split second feeling of I'm about to fall. It comes over a bit like sea sickness? Like you feel when you come off a boat and you're still moving. It's a split second and I only feel it after it happens and think wow that was weird. It doesn't have a pattern and can happen at any point, sitting, standing, walking, driving. Only happened a handful of times. A split second wobble.

5 various split second points NS

Wake feeling incredibly tired, drained, lost, sad, just want to sleep all day and be alone

3 1 10.48.00 ns

Hysterical laughter whilst doing proving ceremony, feels good to release something, mischievous and rebellious

3 -1 00.00.00 ns

When I was younger I suffered with anorexia, throughout teenagehood and then the worst when I was 24, I was hospitalised and 3.5 stone lighter than I am now! It took me a long time to be ok with my 'normal weight'. I used to wake up feeling energised by the prospect of completing another day with low calorie intake, it gave me a huge feeling of achievement, and I would feel really energetic and I could easily not feel hungry until 3/4pm. I've noticed that combination of energy and lack of appetite coming back and have been eating a lot less.

3 40 00.00.00 OS

I feel very energetic and decide to walk to school with the kids, carrying the baby in the carrier. I feel like I need to do exercise and feel physically tired, I have a lot of frustrated energy and feel angry.

3 3 07.12.00 ns

Very, very tired, want to fall asleep on the sofa in the sitting room at college, suddenly felt totally lacking in any energy.

3 1 00.00.00 ns

I feel incredibly tired again and lack any energy, want to sleep on the sofa.

3 1 00.00.00 rs

I'm alternating very hot and very, very cold when lying in bed and shiver then throw the covers off. This goes on for a few hours until it's time to wake up.

3 5 00.00.00 rs

So, so cold on the sofa I'm worried I might be sick with how cold I feel it's so sudden and violent like I've been plunged into ice water.

3 9 00.00.00 rs

Again I get into bed and have such cold feet! I feel like a little animal trying to curl up against the cold.

3 32 00.00.00 rs

Again wake up from feeling ice cold.

3 23 00.00.00 rs

I've suddenly noticed that I'm being really drawn to the colour brown. I often go charity shop shopping to find vintage bargains and have recently bought four items of clothing for my mum and eldest daughter, all brown. I feel drawn to the items because they feel earthy yet chic.

3 16 x ns

I am so drawn to the colour turquoise! I want my nails, my clothes everything to be turquoise, preferably sparkly turquoise.

3 43 x ns

I feel very cold and damp to the bones like I can't warm up.

3 5 00.00.00 rs

I am so hot, I wear a backless bodysuit but I'm still boiling even though I know it's cold.

3 4 00.00.00 ns

I'm so freezing getting into bed I have to wear two pairs of socks even though the heating has been on, I never usually suffer cold feet.

3 31 00.00.00 rs

Just like the first night of the proving I've woken at 3.30 am and am freezing cold like I've been immersed in ice in my sleep.

3 19 07.12.00 RS

Wake at 3am cold again and shivering in bed.

3 53 00.00.00 ns

I feel energetic and generous and run into a friend who needs help with her baby when going to the doctors and I agree to go with her to look after him while she has her appointment. When waiting I play with my daughter and sing to her and really enjoy it more than usual, I don't get fed up as I often do and feel like I have a lot of energy. feel very compassionate and loving towards my daughter and my friend and her baby.

3 5 00.00.00 ns

Energy feeling in all the body with slight feeling of weakness in my arms.

4 1 10.48.00 NS

Energy slump, still buzzing but tired and have gone from sitting straight upright to slumping in the chair. Much yawning.

4 1 12.35.00 NS

After lunch I realise that I am feeling increasingly unwell. I have a slight ache throughout my body and my energy feels wrong/wonky. There's a buzzing feeling all over. I feel tired and unmotivated.

4 34 XX.XX NS

Evening. 6pm onwards I started to feel really tired, much yawning. My bones began to ache, and my right shoulder joint, deep inside and later my hips. It's a mild flu like feeling and there is a little congestion in my nose, especially on the right. I felt ready for bed by 8pm During this time I was really, really cold, in my whole body and especially hands and feet which were like ice blocks.

4 17 18.00.00 NS

As the day wore on I felt worse and worse. Achey in my body, a strange nerve pain on the pad of my left foot that is worse while walking on it. I couldn't finish my daughter's bedtime story as it was making me feel really unwell to read. She read to me instead and resting with closed eyes made me feel a little better.

4 5 XX.XX AS

Around midday, desire for hot drinks and chocolate.

4 3 XX.XX NS

Really tired and ready to sleep by 10pm.

4 5 XX.XX AS

I have been cold all day today.

6 17.05 RS

In class but wanted to sleep again just before lunch and nearly did.

6 12.15 RS

So tired felt like I couldn't hold my body, did a Yoga Nidra felt a little more energized

6 xx.xx RS

So tired could just fall asleep.

6 10.48.00 RS

Feeling sleepy.

6 04.19.12 RS

Nearly fell asleep in class or maybe I did for a second.

6 01.12.00 NS

Finally got up. I feel like I cannot be arsed today.

10 3 6.55 NS

Didn't get up for the alarm again, lay there for half an hour feeling tied.

10 11 6 NS

Have felt so tired and lethargic all day.

10 2 19.3 NS

Didn't wake feeling energised but feel better than yesterday.

10 6 6.3 NS

I'm so tired I could sleep at my desk.

10 5 14.2 NS

Can't be arsed again. Procrastinated about walking the dog. Feel so lazy. Was breathless towards the end of the walk. When walking down hill my right knee had weakness with a deep shooting pain where I broke it as a toddler. No problem with it since playing hockey in high school.

10 4 8 NS

Went to bed, have no motivation to do anything, feel mentally and physically exhausted.

10 19 18.30 RS

When you realise you haven't drunk a single cup of coffee since Friday morning! The thought of it makes me feel nauseous.

10 3 16.4 NS

Still no desire for coffee, the thought of drinking it still making me feel nauseous.

10 6 6.3 NS

Have felt so hot like a radiator all day.

10 2 XX.XX NS

Did not want coffee. The thought of the taste of it alone made me feel nauseous.

10 1 7.3 NS

Woke later than normal. Felt I had been dreaming all night, no recollection.

10 3 6 NS

Exhausted physically and mentally weak. Straight to bed.

10 5 20 NS

Felt like I've had to battle again to get things done before work. I want my routine back, I need my energy back. Hating being so laid back but loving the calmness of my mind.

10 6 8 NS

Absolutely struggling to remain focused at work again.

10 19 14.25 RS

I'm so tired and my whole body feels heavy. I want to stay in bed.

10 3 6 NS

I cannot believe how weak I feel.

10 5 14.59 NS

The alarm went off at 6, I'm setting it later and later every day and getting lazier every day and still tired when I wake up. This is annoying me. I pressed snooze again and again until 7am. I'm not sure if my dream was before the first alarm or whilst I was snoozing but I remember that my motorbike had been stripped of all its parts by thieves and what was left was just the frame, two wheels and the chain that had it padlocked. I woke feeling sad and angry that my pride and joy had been mutilated.

10 4 7 NS

No desire for coffee.

10 4 10.34 NS

Feel happy, giggly, warm inside. I feel like I've reconnected with a part of myself. I feel more connected to my inner child, like I've found her again. Feeling playful, light, slightly high, hazy.

11 2 9.5 NS

Sensation of coldness over my entire body.

11 0 0 NS

Full body shiver. Felt a coldness like goosebumps all over my skin, starting at my shoulders and going downwards through my body.

11 1 11.02 NS

Sensation of coldness from my shoulders down my body to my legs and calves. Shivering.

11 1 12.06 NS

Thought about going out to buy and drink a bottle of prosecco.

11 0 0 NS

More energy today even though I had three glasses of red wine last night and went to bed about midnight. No headache or tiredness. Usually I find it difficult to function the next day if I drink anything or go to bed later than 11pm.

11 6 x NS

Absolutely drained, tired, exhausted. Energy has drained away. This lasts for one more day.

11 13 X NS

Goosebumps running up my legs from my calves up to my knees.

11 1 12.17 RS

Feel very tired again today. Just totally exhausted, like all my energy has gone into my uterus and reproductive organs. I wonder if the clock change has affected me badly as I'm so tired.

11 12 X NS

Very, very tired. Feel physically drained and exhausted. Have gone to bed early for the last four nights, at 9.30/9.45pm, which is about an hour earlier than normal.

11 11 X NS

Woke up feeling warm and content. Lay in bed feeling cocooned, like a teenager.

11 2 7 NS

Tired early.

12 1 20.10 NS

So tired, hard to keep eyes open.

12 17 17.02.00 NS

Thirsty for water.

12 1 18.305 NS

Desire for water, desire for white clothes and blue green. Put on a blue green velvet jacket that has been in my closet for months, never worn and a cream white blouse.

12 17 12.40.00 NS

Get nervous that the light is fading.

12 1 17.00 RS

Wellbeing when in the rain. Am on my bicycle and don't mind that it starts raining but feel joyous about it.

13 2 09.45 NS

Much better when outside for a walk in nature. Feels much more natural and true. Glad that my father is outside with me and not inside

13 7 14.30 AS

Very restless, pace around living room, aggressive, cannot stand watching tv, torn between pleasing my father and wanting to escape following my own. Chocolate and treats that he keeps offering me, though I told him that I don't want them, make me annoyed but I take them because I know it's his way of showing love.

13 7 20.30 AS

Desire for duck, desire for meat in general is increased. Eat faster than usual.

13 10 18.00 NS

I just realised that I still haven't drunk a single cup of coffee since the proving began and I found it odd earlier that neither my mother or my daughter said that they have drunk coffee for the last week either

10 22 21.27 NS

Back from the ride, so beautiful to see the snow on the mountains around me. Cold though, to the bone and tired say going for another afternoon nap. Going to set the alarm for an hour though.

10 22 2.3 RS

Ate tea (prawn, chicken and chorizo paella) - went hot all over, clammy. Took layer of clothing off. Heat more pronounced in diaphragm and feet.

7 0 11.16.48 NS

Got up to go to the toilet and was suddenly covered in goosebumps and got chills.

7 8 03.50.24 NS

Could feel sweat on top lip, down spine and between breasts.

7 8 03.50.24 NS

Stitching pain going down whole of left side.

7 3 00.00.00 NS

Alternating hot and cold all morning. With tiredness, very hungry mid-morning, craving for biscuits.

Satisfied after biscuits.

1 2 RS

Head and thoughts feel fuzzy. Feel like I have a hangover, but only had half a glass of wine last night. So very unusual to feel hungover after this amount.

5 1 07.26.24 NS

Friend commented 'You seem to have been permanently cold for the last three days.'

6 xxxx NS

18.00 completely exhausted had to lay down but couldn't sleep.

6 18.00 RS

We all seemed to dive into the food without regards for others then laughed.

6 01.12.00 NS

Thirsty.

6 03.36.00 NS

Tired at 13.30.

6 xx.xx NS

Exhausted at 19.00 just gave up and laid on sofa

6 xx.xx RS

Three people in class fell asleep and I'd just been asleep in class.

6 13.26.24 NS

I feel tired and run down, my energy is low. On a treadmill, just getting through it.

2 5 XX.XX NS

Body is aching. Energy low, looking forward to the weekend and some time off.

2 5 XX.XX NS

I feel sick not nauseous sort of unwell can't find the words to explain it unsettled oozy.

6 10.12 NS

Head

While doing the washing up my head had a pain in temples again. It was pulsating sharp, lasted only 2 minutes. It seemed to be equal in both temples, I tend to just drink a large glass of water, when I have any form of head pain. This usually helps. Having had breakfast, poached egg and potato cake, with a yoghurt. So nothing there that would cause a headache.... I put this as a NS as the short sharpness of the headache was new.

1 14 11.16.48 NS

Feeling fuzzy, finding it hard today to keep focused, needing to get a lot done before the weekend.

1 25 xx.xx NS

Headache probably due to tiredness, over the left eye and back towards the left ear. Feels as if someone was pressing their finger on the temple area and holding it there. Left nostril also blocked.

1 7 03.21.36 OS

Slight pain, it was a dull ache, headache, left side over ear towards vertex. Plus sense of tiredness, eyes feeling the strain of painting most of the day. They still feel dry.

1 17 00.28.48 AS

Headache has returned and feels exactly like a hangover it is dull and really annoying.

3 day1 00.00.00 es

Strong headache over the top of my head like a hairband, feels like a hangover headache.

3 4 00.00.00 ns

Aware of a buzzing feeling in my head, same place as the headache. Like another layer, fuzz, moving like tendrils in a forwards motion. Nausea.

4 4 14.45.00 NS

Headache, both sides at temples, throbbing.

4 30 12.38.00 RS

Headache has moved into my eyes.

4 30 12.55.00 AS

Headache back in temples.

4 30 13.14.00 AS

Headache left temple boring pain like a drill. Better for chocolate.

4 29 XX.XX RS

Slight headache this morning. Like hands wrapping round from the base and back of my skull reaching forwards with the fingertips squeezing my temples slightly. Better for pressure.

4 4 XX.XX NS

World feels hopeless and black, want to be alone, in bed, don't want to think or speak to anyone.

5 22.00.00 iRS

Dull ache across front of head, really heavy. Don't want to do anything, can't be bothered to talk, eat, drink. Better for being alone.

5 19.30.00 NS

Heavy, like metal weighing it down.

5 0 00.00.00 NS

Heavy tension headache. Feel exhausted with it. Like my brain is too heavy in my head. Pressure put on my forehead from within. Eyes feel heavy. Pressure weighing down on sinuses. No effect on sinuses. Heavy head on shoulders.

5 2 09.15.00 RS

Heavy tension headache. Feel exhausted with it. Like my brain is too heavy in my head. Pressure put on my forehead from within. Feels better for pressure, feels better for rest and darkness. Pain feels like a weight that has been put in my head. Dull ache, always there, not moving, making everything fuzzy and slow.

5 7 15.35.00 RS

Head pain left side accompanying the groin pain. Heavy ache in temples and above the eye and forehead. Stabbing pain in left ear. Better for darkness. Better for pressure and cold applications.

5 18.05.00 INS

Head pain dull ache across front of head, really heavy. Don't want to do anything, can't be bothered to talk, eat, drink. Better for being alone. pain so much I had to take a paracetamol, which I haven't done since my c-section 4yrs ago!

5 14.00.00 NS

Headache goes the minute I drink wine! Even just a sip! Ache doesn't return all evening. Enjoy drinking wine but don't feel the need to get drunk, its more adding to the love and relaxation.

5 7 19.30.00 NS

Have that fuzzy feeling again like just after took the remedy head too full of stuff unable to concentrate on any one thing.

6 14.30 RS

Head really itchy (which reminds me have had this a couple of times this month but can't remember when, sorry).

6 21.30 NS

Headache center of head left side fleeting.

6 18.300 NS

Headache feels as though inside or just brain is being pushed or squashed don't normally have headaches ever.

6 17.30 NS

After doing neti (yoga cleansing practice) half hour ago now have a sensation in head as though inside head is thick unusual.

6 10.45 NS

Feeling of tight band round forehead over eyes.

11 1 6.3 NS

In the evening I developed a slight, throbbing headache in my right temple. Took 2 ibuprofen to avert a possible migraine.

11 16 21 OS

Still had a headache, right temple, throbbing. Took another 2 ibuprofen. Still feeling very tired, woolly.

11 17 7 OS

Headache all day, throbbing, behind right eye. Took two ibuprofen and codeine. Unusual for me to have a migraine before my period is due. I usually have a migraine on days 2 and 3 of my period.

11 20 X NS

Woke up with a throbbing headache behind my right eye in my right temple.

11 19 6.3 OS

Feeling of tight band over the crown of my head.

11 0 0.23 NS

Pain in my right neck. Dull ache. Lasts for seven days.

11 48 x NS

Throbbing headache behind right eye.

11 1 9.56 OS

Headache, occiput, from stiff neck

12 17 23.31 NS

Headache lower occiput. Stiff neck.

12 1 18.305 NS

Headache moved from occiput to forehead.

12 1 22.16 NS

Dull headache to the right of my crown.

10 10 12.45 RS

Woke with a boring pain in my right temple and it made me think of the dream I had of S a few weeks ago where they were drilling into her head with a drill.

10 1 4.15 NS

The boring pain wasn't there when I awoke but the dull ache was.

10 1 XX.XX RS

The dull headache in the right temple has come back but it is now also in the left temple.

10 1 21.08 AS

Dull headache in my right temple that goes behind the right eye.

10 0 20.3 RS

Dull headache extends itself from the right temple to the forehead and down to the right side of my neck

10 0 21.3 RS

Had warm feeling in temples filling up to the top of head - it was like a warm sensation of goo, soft, full feeling. The colours were red, orange and pink.

7 0 01.12.00 NS

Had itch on left temple so scratched it.

7 2 00.57.36 NS

Woke with dull, faint ache across occiput...there but not there. Was having images of walking streets with a brolly then dropped back off to sleep.

7 2 07.12.00 NS

Awoke with headache still there. It's behind my eyes and they ache to move, into my forehead in a strip along its length like something is pushing against it.

7 20 09.36.00 ROS

Been on computer solidly for 4 hours, have headache that feels like its wrapped around my whole head, covering it all and throbbing.

7 19 00.00.00 ROS

Woke with a headache that felt like my whole head was tightly wrapped.

7 21 11.02.24 NS

Woke with a headache that felt like my whole head was tightly wrapped and it extended down into the roof of my mouth.

7 21 11.02.24 NS

There continued to be a feeling of something moving backwards and forwards, along the line I'd scratched, pushing down.

7 2 00.57.36 NS

Ache in left temple.

7 1 07.40.48 RS

Pressing pain in both temples, as if heading for a cold. Eyes feel tired. Not had a cold for over a year, so hopefully not! One of the class members was coughing badly over the last weekend at Hawkwood.

1 8 11.02.24 NS

Heart

We had dinner with friends that we'd been preparing all day for. I drank a bit more than normal but not excessively. The evening went well it came time for everyone to leave. We were seeing them out to the gate. I felt my heart jump a couple of beats, like palpitations for a few seconds, I took a deep breath and calmed myself, thinking it'll be gone in a minute. By the time I reached the gate the feeling had left me. I can only assume the food was more than I'd normally eat at night. Plus the extra couple of drinks, putting stress on my system. The evening went well and there were no anxious moments other than my heart sensation.

1 36 10.19.12 OS

I felt the strong jump in my heart for two beats. It feels as though someone has given you a kick. A worry that it will not just be two beats the next time. Having had my husband suffer from heart problems it is a reminder of the close call he had.

1 5 02.24.00 OS

I had some repeated jumps in my heartbeat, a feeling of weakness came over me. My husband had gone out so I decided to have a nap. The feeling went away once settled in the bed and I woke up 2 hrs later.

1 37 13.12.00 AS

Kidneys

Both my kidneys ache, I thought I probably just didn't drink enough yesterday.

6 xxxx NS

Male

I seem to have lost my sex drive, I am not getting horny or thinking about sex at all. I think I should be, but there is no desire.

2

We have sex in the afternoon, but I can't keep an erection! That has never happened to me before!

2 1 11.02.24 NS

Mouth

The back left side of my tongue feels sore, as if there was an underlying ulcer.

1 23 07.55.12 NS

My tongue still has a soreness to the back right side.

1 24 09.07.12 RS

Bleeding gum, top left.

4 1 12.53.00 RS

Bleeding gum top left like yesterday.

4 2 16.40.00 NS

Dry pasty mouth all day and phlegmy plug at the base of my throat / larynx.

4 31 XX.XX RS

Pain like a ball between my jaw and ear on left side. Almost feels like it must be my salivary gland near the root of my tongue. Passed within a few minutes and then I felt like I had a dry mouth at the back but lots of saliva at the front.

4 3 14.20.00 NS

Went to the dentist, she said I had like a burn in roof of mouth. I had forgotten but woke yesterday morning with roof of mouth sore, right side can't think of anything that caused it and as I used to be a dental nurse I would have known

6 10.15 NS

Have cold sore on upper lip left side.

6 7.30 NS

Had a metallic taste in my mouth.

6 13.20 NS

Metallic taste in mouth.

6 18.300 RS

Very strong desire to suck my thumb to the extent that I did suck my thumb behind my scarf during the lecture for a short time. I used to suck my thumb as a child.

11 1 11.59 NS

I have dry lips which I've only ever suffered once or twice in my life, they feel frostbitten.

3 54 00.00.00 ns

Small 'ulcer' or painful spot on tip of tongue, left of middle. stinging pain when touched.

7 44 00.00.00 ROS

Neck

On trying to move my neck it felt stuck, I had to bend my neck forwards before I could lift my head.

1 10 04.48.00 NS

Flush of heat from neck all over head. With stiffness of the neck, wanting to keep moving, twisting, turning head side to side to stretch it and take away the feeling. Heat subsided after 5 mins. back of neck mainly, need to bend head forward too...

1 2 00.57.36 NS

Woke up with a crick in my neck on the left side. Muscle tightness radiating down through my shoulder blade. It restricts my movement.

4 20 07.00.00 NS

As the day progressed, the muscles in my shoulders and neck became tighter and tighter to compensate for or support the part of my neck that has gone wrong. The seizing up is causing my head to be pushed forward and down. By the evening I am having to physically take a hold of my chin and pull my head back because of this. It feels awful.

4 20 XX.XX AS

Woke with sore neck again.

6 xxxx RS

Neck very sore on movement all of above have been left side.

6 9.00 RS

Ache still there but milder today.

6 xxxx RS

Neck pain expanded across top of shoulders.

6 06.14.24 RS

Neck issue seems bigger today and it's a bit further down into clavicle area.

6 07.00 RS

Neck has dull ache all day on and off but seems to have changed. I now can feel where it is if I push into back left side of neck, feels like one of the long tendons.

6 03.36.00 AS

Neck still painful on movement, looking forward to proving.

6 xx.xx

I went for wee, neck bad on movement.

6 12.28.48 IOS

Neck seems sore achy not like when I had lump feeling.

6 xx.xx

Neck sore again.

6 xxxx RS

Neck feels very sore/achy while doing my yoga practice.

6 9.40 RS

Neck still sore to move while doing yoga, there is full movement and it seems a little milder today.

6 8.30 RS

Neck has been constantly in the background whenever I move my head otherwise don't feel it.

6 xxxx RS

Stiff neck.

12 1 22.16 NS

After one little twist of head, stiff neck right side.

12 17 13.20.00 NS

Stiff neck right side.

12 17 17.02.00 NS

Stiff, right side painful, moving between shoulder blades.

12 17 23.00.00 NS

Nose

After eating 2 brazil nuts with dark chocolate coating I had a sneezing fit, it was quite explosive, about 5 sneezes that nearly blew my head off! I can't remember ever having one as bad as that. Hasn't put me off eating them as I had some later yummy!!

1 13 01.12.00 NS

Still minor cold symptoms. No blocked nose today, but feeling of phlegm at the back of my throat and it's a little sore.

4 6 XX.XX AS

Cold like symptoms continue. I am constantly sniffing, a salty clear post nasal drip. Partially blocked nose, better in fresh air. The blocked nostril changes sides throughout the day.

4 5 XX.XX AS

Upon waking up my left nostril is blocked and I am extremely thirsty.

4 3 07.14.00 NS

Also, a runny nose. Watery salty mucous.

4 4 XX.XX NS

Pain, sharp outside left nostril where it meets between lip and cheek. Lasted 4 seconds

1 1 12.28.48 NS

I was driving back from shopping. There were no other people around, and I was in an area where there were no houses, buildings etc., just trees and fields. I suddenly could smell 'Old Spice' aftershave, the scent of my Grandad. I got a huge, overwhelming feeling of him being with me, I sensed him telling me that he would always be there and I felt that he also meant that my Nan and Mom were there with him, always with me. I had feeling I was going to start to cry, lump in my throat.

7 32 03.36.00 NS I

Out walking dog and could smell everything. Flowers, plants, wet soil, damp ground, herbs but couldn't see where from. I even smelt perfume briefly but there was no-one around?

7 1 03.36.00 NS

Perspiration

I felt hot and sweaty, had to take my jumper off, needed to rush to the toilet to urinate. I felt my heart rate was fast, Fitbit calculated it at 95 bpm I have had flatulence occurring over the last couple of days. One occurred after urinating (unusual for me). I have found that the need to rush to urinate when the urge takes me or the feeling of not being able to hold it in is present over the last few days. Was very prominent just now which prompts me to mention it in the diary.

1 9 10.48.00 NS

There is a clammy feeling in the nape of my neck and my face feels damp. There is heat travelling down my back. Pearls of sweat on my lip. The room is not hot, there is a chill in my calves.

1 9 12.43.12 NS

Woke up for the toilet. Heating is off but I'm sweating loads, the sweat was running down my stomach on each side to the bed, I'm so hot!!!

10 4 3.4 NS

I had difficulty deciding what to wear one minute cold the next clammy behind my neck. The temperature changes almost feel menopausal again....

1 15 01.12.00 RS

Woke up feeling boiling hot, had to throw covers off, my whole body was hot, clammy.

7 8 03.50.24 NS

Rectum

I woke up this morning, immediately needed to go to the toilet I was desperate for a poo, sat on the loo and everything just came flying out. Exploding diarrhoea!

2 12 XX.XX NS

Woke with the need to rush to the toilet this morning I have diarrhoea. I have been in and out of bed going to the loo for about an hour and a half. I feel fine in myself but my stomach feels weak and queasy. I've tried to think back over the meals I've had and I can't think of anything that would have given me diarrhoea.

2 14 12.00.00 NS

Feel like I need to go to the loo the whole time, rectum and stomach feel sensitive.

2 14 09.21.36 NS

Diarrhoea, putrid smell, bright yellow/orange, lots of it. My food is being digested, but not fully, I am scared to fart and feel I need to be near a loo at all times.

2 15 13.XX NS

Bright scarlet red blood from my anal hole. Not gushing but as if it was bleeding from a serious wound.

8 35 pm ns

Urge to empty bowel (similar sensation as when had diarrhoea last month) anxious urgency panic (experienced as a tension holding stiff) but experienced as if it wasn't happening to me. I was observing another me and thinking 'chill girl'. Went and sat on toilet nothing at all. The one part of me was saying to the other "It's ok nothing is going to happen like last month just go back to sleep and enjoy the relaxation." The feeling went. This is different. The discomfort went.

9 1 03.30.00 RS

Excessive, smelly flatulence. Explosive, smelly diarrhoea. Stomach felt empty afterwards.

11 39 21.3 NS

Explosive, smelly diarrhoea

11 40 11 NS

Still passing a firm stool twice a day.

11 11 X NS

Third bowel movement of the day. Very unusual for me to be going so frequently and to pass a stool this late in the day. No smell, healthy stool. Feels as if my bowels are working better and more efficiently.

11 6 23.15 NS

I had the urge to pass a stool and went to the toilet. This never happens in the evening and normally I'm unable to go to the toilet for at least two days when away from home.

11 0 3.4 CS

Skin

In the evening just sitting quietly, I felt tingling in my arms and front lower legs as if there were butterflies landing in different spots, so lightly. I was very sleepy in the chair.

1 15 11.16.48 NS

Eruptions on body, lower stomach, back of the neck and middle eye. No puss, no pain, just red small lumps. The middle eye between my eyebrows. Only ever get eruptions on my chin, so it's odd to have them elsewhere on my face or random places on my body. They are like pimples, they don't itch, pulsate slightly, red hot. Hard lumps but quite small on my face but large on my body. Like a 5p piece. Flared up for 3-4 days and then went down on their own.

5 5 Three days NS

Had odd cold feeling on inside of skin all over body but the inside of me didn't feel cold.

6 17.20 NS

Red, hard spot appeared just below clavicle and between the clavicle and shoulder bone.

11 0 3.43 NS

Whole body had sensation of pins and needles running all the way down; prickling, spiky.

7 0 06.00.00 NS

Sleep

Overnight, no dreams remembered sadly. I did toss and turn which is usual for me but felt more comfortable. On waking I felt my airways clearer than normal.

1 0 xx.xx

After a bad night I'm flagging now, hardly able to stay awake.

1 19 07.12.00 AS

Woke up and was immediately fully awake, unable to get back to sleep, I got up and did some reading. Mind was busy.

1 19 03.36.00 AS

I found it difficult to get off to sleep, every little noise was disturbing me. It took me till 4 am Sunday morning to get up and move to the spare room.

1 50 10.48.00 OS

I woke feeling drowsy, wanting to stay in bed, thinking wouldn't it be nice to hibernate for the winter. It took a lot of will power to pull myself out of the pit.

1 16 07.12.00 NS

Once away from the noise disturbance, I slept and then didn't want to get up. Leaves your head fuzzy and gritty eyed from lack of sleep.

1 51 00.00.00 OS

I woke and found I couldn't get back to sleep. I ended up moving to the spare room. I tried to read and couldn't take it in, my mind kept wandering.

1 13 03.36.00 RS

Disturbed, tossing more than usual, my hip was painful, difficult to get comfortable.

1 16 13.26.24 AS

Woke at 5.10 felt very dozy fell back asleep again. Then woke up late so in a rush to get to college. This is unusual for me. A trembling with slight panic to get everything done before we left. Which was unnecessary as there was loads of time.

1 2 12.00.00 NS

Also 1.08 it was hard to get back to sleep.

1 17 12.43.12 AS

Went back to bed for a snooze before getting up again at 8.30, really didn't want to get up after the lack of sleep.

1 19 02.24.00 AS

Awoke after going to bed early as I was falling asleep in the chair. I wore the Fitbit to monitor the times awake. Which were numerous, I've just noted the ones that I actually remember, as there were 12 occurrences of being awake on the Fitbit record.

1 7 10.33.36 OS

Sleep restless, insomnia. My mind isn't racing, usually just not able to get comfortable.

1 6 xx.xx RS

Disturbed, to urinate.

1 18 08.38.24 OS

Found myself rocking in bed trying to get to sleep last time I did this I was about four years old.

6 02.30 NS

I had been dreaming about big cats and being up in the rugged mountains (then lost it) went for wee.

6 02.29 NS

Couldn't get to sleep last night dozed between 11.30 and 01.30 went to loo woke again 05.05 and 06.30 snoozed till 07.30.

6 xx.xx

Remember vaguely waking and thinking I've been dreaming about colours then carried on asleep.

6 xxxx NS

Woke at 03.00, 06.30 went for wee.

6 xx.xx RS

Woke every hour till 03.30 then slept till 06.30 but only went for wee at last one.

6 xx.xx RS

Woke at 01.30, and 05.30.

6 xx.xx RS

Woke at 12.30, 02.20, 03.40, 05.30.

6 7.30 RS

W

Woke at 01.30. and 05.30 didn't get up for wee, (yippee).

6 xxxx AS

Awoke at 01.30 went straight back to sleep awoke at 03.30 went for wee awoke at 06.30 but decided to snooze.

6 8.30 RS

Awoke at 4.40 but went back to sleep.

6 4.40 RS

Went to loo.

6 xx.xx RS

Too hot and went for a wee.

6 2.50 RS

Woke for a wee, had dreams but missed them.

6 09.07.12 RS

I went for wee and drink of water, neck sore on movement.

6 2.20 RS

Woke, then went back to sleep.

6 02.20 RS

Woke, went for wee.

6 04.15 RS

Woke and went for a wee.

6 01.25 RS

I went for a wee.

6 01.30 RS

Went for a wee.

6 01.10 RS

Went for wee.

6 03.40 RS

Went for a wee.

6 05.50 RS

Hadn't looked at time as staying at friends but know I have got up for a wee three times in the night and really didn't sleep well.

6 xxxx

Woke twice last night went for wee but didn't look at clock.

6 xxxx RS

Woke every hour except 4am got up and went for a wee each time.

6 xxxx NS

Woke at 2,5,&6.30 for a wee.

6 xx.xx RS

Woke at 03.00, 05.30, 06.45 went for wee each time.

6 xx.xx RS

Woke at 03.00, 06.30 went for wee.

6 xx.xx RS

Awoke for wee I know I've had a few vivid dreams but can't quite capture them.

6 03.50.24 RS

Woke but managed to go back to sleep without going for wee.

6 04.14 RS

Woke too hot.

6 11.305 RS

Woke for wee, tummy felt hot, lips dry and neck sore.

6 3.50 NS

Can't get to sleep.

6 11.59 NS

Still not asleep.

6 03.30 NS

Woke realizing I have had two nights in a row where I didn't actually get up in the middle of the night.

Yippee!

6 xxxx NS

Woke but decided to go back to sleep (unlike me).

6 0700 NS

Woke I was too hot, got up went for wee.

6 0535 RS

I slept so heavy which is unusual for me from waking at 4.15am, slept through the alarm and woke up two hours late.

10 1 7 NS

Struggled to wake up, got up half hour after I set the alarm.

10 22 4 RS

Feeling extremely tired, could easily go to sleep, like a child who needs to go to bed early.

11 1 16.31 NS

Wake up, feeling quite awake, whereas usually I sleep until 8/ 8.30. Go back to sleep.

13 2 05.07 NS

Wake up, startled by a thought I had while sleeping. Cannot go back to sleep until 5 o'clock, then fall asleep again.

13 3 02.14 NS

Wake up by something that startled me, something I thought while sleeping. Feel guilty about something but don't know what. Lie awake until 5.30 then fall asleep again, dream about money, don't remember specifics, wake up and feel in spite of little sleep am not tired.

13 7 02.12 NS

Sleep interrupted, but fall asleep again.

13 8 05.38 NS

Not tired in spite of little sleep.

13 11 08.30 NS

On trying to go back to sleep I couldn't decide if I was hot or cold.

6 01.28 NS

Woke decided to go back to sleep as had a late night with daughter who is having cystitis for the first time.

6 05.50 NS

I woke up this time from a snoring husband, if there is any noise in my ear from either breathing too close to my ear it disturbs me. I can't even get off to sleep with a ticking clock near me. So a bit of a nudge usually does the trick. Sometimes I'm driven from the bed to the spare room! My mouth was also parched, with my tongue sticking to the roof of my mouth.

1 8 01.12.00 RS

Felt really shivery, ended up going for a lie down, slept for two hours. Unusual for me. Woke feeling refreshed and more motivation to get the jobs done.

1 4 04.48.00 OS

1.07 and 4.05 for turning over.

1 9 01.00.29 RS

Asleep for an hour unable to go back to sleep, feeling sad about friendships. This is a lingering theme from my past but came into full view, I felt the need to really want my friends to prove to me they could make the effort with the friendship.

8 day16 3am os

Still awake. Annoyed with myself for sleeping so long in the day. Feeling of more disappointment as my productive day today will be out of the window because I've messed up my sleep pattern.

10 22 1.3 RS

Stirred again, this time waking with a sore neck, on the right-hand side. Slowly moving it relieved the pain.

1 8 01.40.48 OS

This time I woke feeling hot all over with perspiration. I had to throw off all the covers.

1 8 06.28.48 AS

Stomach

Because I've been so bad at snacking and nibbling between meals, biscuits, odd slice of toast, it is worst around 10.30 - 11.30 and 4.30. I've been trying to eat eggs for breakfast and rye toast to have a more sustained meal, little difference still wanting something mid-morning. With the result over this month I've not weighed myself but have definitely put on pounds. Resulting in a feeling of heaviness in lower abdomen, from the extra tyre there now!

1 19 12.28.48 AS

Even though I had a good breakfast, after 10 a.m. I craved some biscuits. Which was too difficult to resist, having some left over from the lunch supplies for the weekend. Lack of willpower.

1 3 01.12.00 OS

Gurgling in my stomach, much eructation after taking Nux-v. The pain in my chest was gone.

1 58 06.00.00 AS

After having toast and salmon pate for lunch, I had a feeling of indigestion. Not as painful as some I've had. Usually when I get this sensation I find it carries on for hours, this time it dissipated in an hour. So an improvement.

1 12 06.00.00 AS

Loud rumbling in my stomach just after waking up.

1 3 02.24.00 NS

I'm still having trouble controlling my appetite, I want to eat all the time, even an hour after breakfast I'll be looking for a slice of toast or biscuits, after lunch there will be I'll just have a snack, or another biscuit. It's as if I've given up all hope of having will power to stop myself.

1 11 xx.xx AS

Feeling like grazing all the time, wanting constantly to pick at biscuits, took a lot of willpower to resist.

1 17 10.48.00 AS

Rumbling loudly.

1 2 02.09.36 NS

I have stomach ache and have gone off my food, I think this is because of the back ache.

2 7 XX.XX NS

I have been thirsty for a few days now, especially at night. After waking night very dry mouth desperate for some water I have a drink and then go back to sleep and then it happens again. In the morning and waiting thirsty for water.

2 14 XX.XX NS

I keep doing eggy burps, about one every hour, rather unpleasant. Makes me feel slightly ill, or like a could be sick. This went on for 2 days.

2 14 03.36.00 NS

Feels unsettled, sensitive and fragile, like I could be sick or go to the loo at any moment. Feels like I ate something dodgy.

2 14 09.21.36 NS

Craving chocolate, secretly eat a whole bar whilst cooking supper, it feels delicious to be secretive.

3 3 07.12.00 rs

For the first time in ten years I throw up from drinking wine, something I haven't done for a decade and I didn't even drink much at all.

3 51 00.00.00 ns

In the evening I have a desire for salty food, and I have something to eat in spite of the nausea. I feel better for eating.

4 34 XX.XX AS

By this time I am feeling really nauseous. Slight headache, and a feeling of vomit rising up from my stomach which is churning.

4 34 15.00.00 AS

Woke up from a dream about the proving (don't remember any of the details) feeling really thirsty.

4 1 XX.XX NS

Desire for beige comforting food, bread, cakes, new potatoes, cups of tea. Want to feel comforted, nurtured (although I know there are zero nutrients in it) and again warmed.

5 09.00.00 IOS

Massive craving for chocolate. Ate a whole sharing bar to myself in 10mins!! Felt lovely and warm, and silky and comforting.

5 16.00.00 INS

Want to eat green veg like rocket. Never fancy rocket! Want the dryness, and the specific taste. Hungry.

5 1 21.49.00 NS

Strong desire for meat. Mainly chicken. Have been a veggie for two years. Not gristly or fatty meat, just dry meat

5 18.300.00 NS

HUNGRY!! Could eat everything and everything. Continued throughout the month but intensified over college weekend. Strong desire for beige comforting food and chocolate.

5 xx INS

Bloating and wind. getting larger and larger like a balloon.

5 0 01.12.00 RS

HUNGRY!! Could eat everything.

5 1 20.10.00 IOS

Strong desire for meat. Mainly chicken and beef but all meat. Have been a veggie for two years. Not gristly or fatty meat, just dry meat.

5 2 16.32.00 NS

Bloated after food.

6 17.30 RS

Only just put two and two together seem to have had a lot of flatulence since taking this proving.

6 **** NS

Flatulence hour after dinner.

6 19.17 NS

Hungry - empty feeling in stomach. Really enjoyed breakfast.

9 1 07.30.00 OS

Complete loss of appetite all day. Had to force myself to eat tonight.

10 3 20 NS

Constantly eating. Ate whole pizza to myself. Desire for alcohol.

11 2 21.3 NS

I want to keep eating all the time even though I'm not hungry. Massive craving for chocolate.

11 12 X NS

Nausea at the thought of being taken hostage. I watch a television film and someone's name is "Betancourt", I feel sick and nauseous in my stomach on hearing that name (it happens twice), for me immediately associated with Ingrid Betancourt, a woman taken hostage for many years.

12 17 23.34.00 NS

Desire for cream, that I always have, is increased, frustration when no cream available, aversion to reduced fat milk.

13 10 21.00 RSI

Craving sour food and cheese today like a proper German breakfast and feel nostalgic about times with my great grandma in Germany.

3 19 00.00.00 as

All I want to eat are sour things, like pickles, Worcester sauce, marmite, smoked haddock and mustard. I fee; ravenous for them like I HAVE to have them!

3 17 X ns

I feel sick and not hungry but my boyfriend made me breakfast which is a rare occurrence so I eat the scrambled eggs, but really don't want to, but I don't want to upset him. I crave water and ice and feel sick afterwards.

3 2 00.00.00 ns

Craving chocolate.

3 4 07.12.00 es

Craving red wine.

3 4 00.00.00 ns

Craving salty food.

3 1 00.00.00 ns

I feel so hungry but there isn't anything I can think of to eat which is an exciting prospect. Everythings feels boring and bland, desire alcohol and to feel a bit foggy.

3 2 00.00.00 NS

Hungry with nothing in particular I fancy, like food won't be satisfying, I want something though...drink, drugs? Don't know but feel bored.

3 3 00.00.00 ES

Wake in the night with intense thirst.

3 1 03.33.00 ns

Ravenous appetite specifically and only for chocolate. It's raining and I consider walking with no umbrella and the baby tucked into my jumper to the shop to buy some, but decide against it as she has a cold!

3 1 07.12.00 NS

Hungry and just want to keep eating (normally not much of an appetite) scouring kitchen cupboards, fridge, freezer, everywhere looking for food and eating anything I can find including 2-3 of the same thing. 2 choc chip cupcakes, 2 choc bars, crisps, chicken masala meal, sausage and chips with curry sauce, 3 choc chip cookies, nuts, raisins, coconut shavings. Now 22.10 and still hungry.

7 7 07.12.00 NS

Got woken times by phone calls. Lay there and had a real burning thirst.

7 21 09.21.36 ROS

Really thirsty but hadn't got a drink upstairs with me.

7 2 02.24.00 OS

Had a dry throat and needed a drink.

7 4 02.38.24 OS

Stool

Comment: It has been nice going to poo over the weekend instead of being constipated (which would be normal whenever I go away anywhere).

6 xx.xx

Went to poo which is unusual for me while away.

6 9.15

Normal soft, solid stool. When eat at college I normally have loose stools.

7 2 07.12.00 NS

One small normal density stool but with flatulence and some watery clear liquid.

10 1 11.305 NS

Teeth

I went to the hygienist this morning, my mouth was very sensitive, I found it really painful and was in tears. This normally isn't my favourite experience, but this time I was more sensitive and never have cried before. I doubt that anyone would enjoy this necessary evil! I'm still having self doubts and anxiousness, I think it will be there until I do a couple of live cases... even then it will probably be with me until there are many under my belt.

1 31 08.24.00 NS

Throat

Throat felt dry and a feeling of something catching deep within it, coughed a few times. It cleared after drinking some water. Woke during the night, with a cough too about 3.30.

1 7 03.21.36 NS

After dinner a hot fizzing ball in the base of my throat. Like there's something stuck there. When I swallow it burns more for a moment. Like an Alka Seltzer fizzing away. Very unpleasant.

4 3 20.10.00 NS

Woke up with a sore throat - very dry feeling. I thought I would be ill in the morning but the sore throat was gone when I woke up.

4 27 03.00.00 RS

Sore throat, moving downwards each evening. Today I feel it more at the base of my neck, the same dry, prickly feeling. It hurts to swallow. I desire warm drinks.

4 10 XX.XX AS

Sore, prickly, itchy throat.

4 44 XX.XX AS

Sore throat, more obvious in the evening after 6pm. Spikey dry feeling in back of throat and up to opening at the root of the nose.

4 9 XX.XX NS

From the time I woke up, the sore throat spikey plug in the base of my neck is causing me to cough. It's verging on croup. Also need to keep clearing my throat.

4 11 XX.XX AS

Noticing that my throat feels worse. Swallowing really hurts, it feels raw. Worse on the left side which is new. Better for hot drinks and warm applications.

4 11 20.55.00 AS

Sudden onset of nausea, sensation of a lump in my throat and a watery feeling stomach lasted about two minutes.

10 3 19.03 NS

Another sudden onset of nausea, same feeling and sensation as before.

10 3 19.05 NS

Sore, red, inflamed. Feels sore at both sides a quarter of the way up the Eustachian tubes. Felt better for drinking water. Lasted for the rest of the day. Was sore on both sides. Symptom reappears approximately on day 48 and lasts for about seven days.

11 3 17.37 NS

A hint of sore throat, left side, there but not there, as if about to start but not

7 2 07.12.00 RS

In my dream, my throat got so dry that it felt like it was sticking together and I couldn't breathe. I couldn't find my glass to drink some water and I felt panicked. I woke up with the same physical sensation and drank water and coughed and coughed.

4 52 XX.XX RS

Tongue

On waking right side, soreness. The tongue feels thicker. Very dry mouth.

1 43 07.12.00 RS

Tonight, the tongue soreness has moved to the right tonsil area. Painful as I swallow. Sensation of pain is all along the R side of the tongue. If I touch the tongue it feels itchy. Lips are feeling cracked at the corners. Sore if I lick them there.

1 44 06.00.00 AS

Still have days that my tongue has a soreness to the back and right side. It is more that there is a sensation of awareness of it rather than real pain.

1 34 xx.xx AS

Urinary

A dribble of wee at odd times.

6 xxxx NS

Before going to bed I had to get up and wee at least 6 times.

8 28 pm rs

UTI feels gone!!!!

9 1 03.30.00 CS

Frequent urination, painless.

13 1 17.02 ... NS

Frequent urination, painless.

13 2 all day NS

Frequent urge to urinate when at home, sometimes strong urge with then only small amount of urine, painless. When outside the home urge subsides . Can then go for long time without urination.

13 3 all day NS

Frequent urination amel. by drinking cranberry juice.

13 4 all day NS

Incontinence feeling at the point of getting into the loo had disappeared following Nov college weekend, however it returned two days before Dec weekend.

5 14.40.00 RS

Incontinence. Every time I feel like I need to go to the loo, I go straight away and then when I get to the loo, I can hardly pull my trousers down for fear of wetting myself. Never had issues with holding my urine before. Didn't think it was a thing at first, more that I just left it too late to get to the loo. But then it was happening every time I went.

5 xx NS

Involuntary passing of urine. Again as I shouted at my children I immediately urinated on the spot a small amount but enough to have to go to the toilet. Therefore, it was short unexpected and involuntary making me have to cross my legs to get to the toilet

8 16 07.30. ns

Shouted - immediately involuntary urine.

8 19 8.00 ns

Vertigo

Stood during break and felt light-headed but it stretched all the way down my body. I needed to sit down but then as soon as I did I wanted to get straight back up and go outside for some fresh air. Outside still felt light-headed, swimmy as stood but didn't want to go and sit down.

7 1 13.12.00 NS

Had to stop and hold on to something until it passed. I was in the kitchen having a conversation when the room started to feel unsteady. I have had this before but before it was related to too much wind in my ear.

8 11 midday os

As I walked out into the fresh air, felt slightly wobbly for a second or two. As I was driving home I felt my sight was really clear and crisp. As I pulled out of the entrance gate of Hawkwood I had two noisy occurrences of flatulence. As I reached the Minchinhampton common one of my ears popped from the height. The left temple was throbbing for about 4 minutes. My ears popping on driving up to Minchinhampton common, this is not normal for me, I think the remedy had an effect on my sinuses, the clarity etc.

1 0 06.00.00 NS

Rubrics

MIND - ABSENTMINDED
MIND - ABSTRACTION OF MIND
MIND - ABUSIVE
MIND - ACHIEVE THINGS, DESIRE TO
MIND - AFFECTIONATE
MIND - AIR; IN OPEN - amel.
MIND - AMUSEMENT - desire for
MIND - ANGER
MIND - ANGER - alternating with - tranquillity
MIND - ANGER - beside oneself; being
MIND - ANGER - sudden
MIND - ANTAGONISM WITH HERSELF
MIND - ANXIETY
MIND - ANXIETY - world; for the
MIND - ATTACHED - strongly to others
MIND - AVERSION - children, to - own; her
MIND - AWARENESS HEIGHTENED
MIND - BROTHERHOOD; SENSATION OF
MIND - CAREFREE
MIND - CAREFREE - money; about
MIND - CARING - aversion to care for others
MIND - CHAOTIC
MIND - CHEERFUL
MIND - CHILDREN - nurture; desire to
MIND - CLEANNESS - desire for cleaning
MIND - CLINGING
MIND - COLORS - blue - desire for - turquoise
MIND - COMPANY - desire for
MIND - COMPANY - desire for - children; of
MIND - COMPANY - desire for - mother
MIND - CONCENTRATION - difficult
MIND - CONFIDENCE - want of self-confidence
MIND - CONFUSION OF MIND - identity, as to his - boundaries; and personal
MIND - CONTENT
MIND - CUDDLE - desire to be cuddled
MIND - CURSING
MIND - DANCING
MIND - DARKNESS - agg.
MIND - DELUSIONS - adolescent; he was again an

MIND - DELUSIONS - alone, being
MIND - DELUSIONS - angels, seeing
MIND - DELUSIONS - appreciated, she is not
MIND - DELUSIONS - beautiful
MIND - DELUSIONS - child - he is a child - acts like a child; and
MIND - DELUSIONS - child - he is a child - vulnerable; and
MIND - DELUSIONS - glass - bubble; as if in a
MIND - DELUSIONS - insulted, he is
MIND - DELUSIONS - intoxicated - is; he
MIND - DELUSIONS - intoxicated - is; he - pleasantly; he were
MIND - DELUSIONS - light [= brightness]
MIND - DELUSIONS - power - all-powerful; she is
MIND - DELUSIONS - separated - body - feet are separated from the body
MIND - DELUSIONS - separated - group; he is separated from the
MIND - DELUSIONS - separated - world; from the - he is separated
MIND - DELUSIONS - talking - dead people; with
MIND - DELUSIONS - vivid
MIND - DELUSIONS - war
MIND - DELUSIONS - water
MIND - DELUSIONS - water - flowing water; sees
MIND - DELUSIONS - wings - has wings; she
MIND - DELUSIONS - Eyes
MIND - DESPAIR
MIND - DETACHED
MIND - DISORDER, SENSITIVE TO
MIND - DRUGS - taken drugs; as if one had - love-drug; a
MIND - EMOTIONS - loss of
MIND - EMOTIONS - strong; too
MIND - ESTRANGED
MIND - ESTRANGED - cut-off; feels
MIND - FEAR - alone, of being
MIND - FIGHT, WANTS TO
MIND - FORSAKEN FEELING
MIND - FORSAKEN FEELING - isolation; sensation of
MIND - FRIENDSHIP - outpourings of; sweet
MIND - FRIVOLOUS
MIND - GESTURES, MAKES - fingers - mouth; children put fingers into the
MIND - GIGGLING
MIND - GRATITUDE
MIND - HEEDLESS - think; of what others
MIND - HELD - desire to be held
MIND - HIGH-SPIRITED
MIND - INDIFFERENCE - feel almost nothing, seems to

MIND - INDIFFERENCE - joyless
MIND - INTOLERANCE
MIND - IRRESOLUTION
MIND - LAUGHING
MIND - LAUGHING - alternating with - seriousness
MIND - LAUGHING - alternating with - weeping
MIND - LAUGHING - foolish
MIND - LAUGHING - hysterical
MIND - LAZINESS
MIND - LIGHT - abundance of; sees an
MIND - LIGHT - desire for
MIND - LOATHING - oneself
MIND - LOVE - exalted love
MIND - LOVE - openness; and
MIND - LOVE - people in the group; for
MIND - MERGING OF SELF WITH ONE'S ENVIRONMENT
MIND - MIRTH
MIND - MISTAKES; MAKING - time, in - conception of time; has lost the
MIND - ORDER - desire for
MIND - POSITIVENESS
MIND - PROTECTING - desire to protect
MIND - QUARRELSOME
MIND - QUARRELSOME - trifles; about
MIND - RAGE
MIND - RESPONSIBILITY - give up her responsibility; wanting to
MIND - REST - cannot rest when things are not in the proper place
MIND - SECRETIVE
MIND - SENSITIVE - colors, to
MIND - SENSITIVE - noise, to
MIND - SENSITIVE - psychic environment; to
MIND - SERIOUS
MIND - SOCIABILITY
MIND - SPACED-OUT FEELING
MIND - SPIRITUALITY
MIND - SUCKING - objects into the mouth; sucking
MIND - SUSPICIOUS
MIND - SYMPATHETIC
MIND - TACITURN
MIND - TALKING - dead people, with
MIND - THOUGHTS - rush
MIND - TIDY
MIND - TIME - quickly, appears shorter; passes too
MIND - TRANQUILLITY

MIND - TRUTH - telling the plain truth
MIND - UNIFICATION - sensation of unification
MIND - UNIFICATION - sensation of unification - everything; with
MIND - UNSYMPATHETIC
MIND - WEEPING
MIND - WEEPING - night - waking, on
MIND - WEEPING - causeless
MIND - WEEPING - causeless - without knowing why
MIND - WEEPING - child, like a
MIND - WEEPING - continuously
MIND - WEEPING - sad - thoughts, at
MIND - WEEPING - sobbing; weeping with
MIND - WEEPING - sympathy with others, from
MIND - WILL - loss of will power
HEAD - ASLEEP, SENSATION AS IF
HEAD - CONFUSION IN HEAD
HEAD - HEAT - sensation of
HEAD - HEAVINESS - Temples
HEAD - NUMBNESS; SENSATION OF
HEAD - PAIN
HEAD - PAIN - menses - before - agg.
HEAD - PAIN - pressing pain - band; as from a
HEAD - PAIN - Temples - left - shooting pain
HEAD - PAIN - Temples - left - stitching pain
HEAD - PAIN - Temples - shooting pain
HEAD - PAIN - Temples - stitching pain - needles; as from
EYE - DISCOLORATION - red - spot
EYE - ITCHING
EYE - PHOTOPHOBIA
VISION - COLORS BEFORE THE EYES - blue
VISION - COLORS BEFORE THE EYES - green
VISION - COLORS BEFORE THE EYES - purple
VISION - COLORS BEFORE THE EYES - red - halo
VISION - FIELD OF VISION; COMPLAINTS OF
VISION - HALO AROUND THE LIGHT
VISION - LOSS OF VISION
FACE - DISCOLORATION - red
FACE - HAIR - sensation of a
FACE - HEAT
FACE - ITCHING
FACE - LICKING - lips
FACE - PERSPIRATION - Lips
FACE - SWELLING - Lips - sensation of

FACE - TINGLING - Lips
MOUTH - DRYNESS
MOUTH - PAIN - Tongue - right side
MOUTH - TASTE - acute
MOUTH - TASTE - metallic
THROAT - DRYNESS
THROAT - PAIN - sore
THROAT - PRICKLY
NECK - PERSPIRATION
STOMACH - APPETITE - increased
STOMACH - APPETITE - insatiable
STOMACH - APPETITE - ravenous
STOMACH - DISORDERED
STOMACH - ERUCTATIONS; TYPE OF - eggs; like spoiled
STOMACH - NAUSEA
STOMACH - SENSITIVENESS
STOMACH - THIRST
STOMACH - THIRST - night - waking; on
ABDOMEN - PAIN - stitching pain
RECTUM - DIARRHEA
RECTUM - DIARRHEA - morning - bed; driving out of
STOOL - COPIOUS
STOOL - FORCIBLE, SUDDEN, GUSHING
STOOL - FORCIBLE, SUDDEN, GUSHING - explosion; like an
STOOL - ODOR - putrid
STOOL - THIN
STOOL - YELLOW - bright
STOOL - YELLOW - orange
BLADDER - FULLNESS, SENSATION OF - urination - after - agg.
BLADDER - INFLAMMATION
BLADDER - PAIN - cutting pain
BLADDER - PAIN - stitching pain
BLADDER - PAIN - urination - during - agg. - burning
BLADDER - PAIN - extending to - Upward
BLADDER - PAIN - Region of bladder - stabbing
BLADDER - URINARY COMPLAINTS
BLADDER - URINATION - involuntary
BLADDER - URINATION - involuntary - excitement agg.
BLADDER - URINATION - unsatisfactory
BLADDER - URINATION - urging to urinate - frequent
BLADDER - URINATION - urging to urinate - sudden
BLADDER - URINATION - urging to urinate - sudden - hasten to urinate or urine will escape; must
BLADDER - URINATION - urging to urinate - urination agg.; after

BLADDER - URINATION - urging to urinate - urination agg.; after - immediately after
 MALE GENITALIA/SEX - ERECTIONS - incomplete - coition; during
 MALE GENITALIA/SEX - ERECTIONS - incomplete - Penis becomes relaxed
 MALE GENITALIA/SEX - SEXUAL DESIRE - diminished
 FEMALE GENITALIA/SEX - CONSCIOUS OF THE UTERUS
 FEMALE GENITALIA/SEX - MENSES - early; too
 FEMALE GENITALIA/SEX - MENSES - late, too
 FEMALE GENITALIA/SEX - MENSES - short; too
 FEMALE GENITALIA/SEX - PAIN - bearing down
 FEMALE GENITALIA/SEX - PAIN - menses - during - agg.
 FEMALE GENITALIA/SEX - PAIN - Uterus - right side
 FEMALE GENITALIA/SEX - PAIN - Uterus - left
 FEMALE GENITALIA/SEX - PAIN - Uterus - side to side; from
 FEMALE GENITALIA/SEX - PAIN - Uterus - burning
 FEMALE GENITALIA/SEX - PAIN - Uterus - cramping
 FEMALE GENITALIA/SEX - PAIN - Uterus - menses - after - agg. - cramping
 FEMALE GENITALIA/SEX - PAIN - Uterus - menses - during - agg. - cutting pain
 FEMALE GENITALIA/SEX - PAIN - Uterus - menses - without
 FEMALE GENITALIA/SEX - PAIN - Uterus and region
 FEMALE GENITALIA/SEX - UTERUS; COMPLAINTS OF
 RESPIRATION - DIFFICULT
 COUGH - COUGH IN GENERAL
 CHEST - HEAT - Diaphragm
 CHEST - PALPITATION OF HEART
 BACK - HEAT
 BACK - HEAT - Dorsal region - Scapulae
 BACK - HEAT - Spine
 BACK - PAIN
 BACK - PAIN - Cervical region - right
 BACK - PAIN - Lumbar region
 BACK - PAIN - Lumbar region - aching
 BACK - PAIN - Lumbar region - motion - agg. - aching
 BACK - PAIN - Lumbar region - extending to - Uterus - cutting pain
 BACK - PERSPIRATION
 BACK - STIFFNESS - Lumbar region
 EXTREMITIES - COLDNESS - Feet - icy cold
 EXTREMITIES - COLDNESS - Hands
 EXTREMITIES - FULLNESS - Legs
 EXTREMITIES - HEAT - Elbows
 EXTREMITIES - HEAT - Feet - burning
 EXTREMITIES - HEAT - Thighs
 EXTREMITIES - NAILS; COMPLAINTS OF - thin nails
 EXTREMITIES - PAIN - Hips - stitching pain

EXTREMITIES - PAIN - Knees - right - stitching pain
EXTREMITIES - PAIN - Knees - stitching pain
EXTREMITIES - PAIN - Knees - extending to - Thigh
EXTREMITIES - PAIN - Shoulders - right
EXTREMITIES - PAIN - Thighs - Inner side - drawing pain
EXTREMITIES - PAIN - Wrists - alternating sides
EXTREMITIES - PAIN - Wrists - right
EXTREMITIES - PULSATION - Thumbs
EXTREMITIES - TINGLING - Feet
EXTREMITIES - VIBRATION; SENSATION OF - Lower limbs
EXTREMITIES - WEAKNESS - Wrists - right
SLEEP - SLEEPLESSNESS - pain; from - Back
SLEEP - WAKING - night - midnight - after - 5 h
SLEEP - WAKING - thirst, by
DREAMS - ABUSED SEXUALLY; BEING
DREAMS - ACCIDENTS
DREAMS - AMOROUS
DREAMS - ANIMALS
DREAMS - ATTACKED, OF BEING
DREAMS - ATTACKED, OF BEING - knife; with a
DREAMS - CALLING OUT - help; for
DREAMS - CAR
DREAMS - CHILD; BEING A - he is a
DREAMS - CHILDREN; ABOUT - abused; being
DREAMS - CHILDREN; ABOUT - danger; in - unprotected - adults; children feel unprotected by
DREAMS - CHILDREN; ABOUT - newborns
DREAMS - CHILDREN; ABOUT - responsibility for
DREAMS - COLORED - white
DREAMS - CONTAMINATION
DREAMS - CUT, BEING
DREAMS - DEAD; OF THE - friends
DREAMS - DEAD; OF THE - friends - long deceased
DREAMS - DRIVING - car; a
DREAMS - DROWNING - children are drowning
DREAMS - DROWNING - son is drowning; fear
DREAMS - FOOD - preparing food
DREAMS - FRIENDS - old
DREAMS - FUNERALS
DREAMS - GUILT
DREAMS - HUGGING
DREAMS - KNIVES
DREAMS - METAL; ABOUT
DREAMS - MOTHER

DREAMS - RESPONSIBILITY
DREAMS - RIVER
DREAMS - SEARCHING - someone; for - failing to find him; and
DREAMS - SEXUAL
DREAMS - SHRIEKING - help; for
DREAMS - SILVER
DREAMS - STABBED, BEING
DREAMS - TELEPHONES - answering the phone
DREAMS - URINATING
CHILL - NIGHT
CHILL - NIGHT - bed - in bed - agg.
CHILL - BED - in bed - agg.
CHILL - CHILLINESS - waking; on
CHILL - CREEPING
CHILL - SHAKING
CHILL - SHAKING - night
PERSPIRATION - CLAMMY
SKIN - GOOSE FLESH
SKIN - HAIR - end; stands on
GENERALS - CIRCULATION; COMPLAINTS OF THE BLOOD
GENERALS - ENERGY - sensation of
GENERALS - FOOD AND DRINKS - alcoholic drinks - desire
GENERALS - FOOD AND DRINKS - bread - desire
GENERALS - FOOD AND DRINKS - chocolate - desire
GENERALS - HEAT - flushes of
GENERALS - HEAT - flushes of - alternating with - chills
GENERALS - HEAT - lack of vital heat
GENERALS - HEAT - lack of vital heat - night
GENERALS - HEAT - sensation of - daytime
GENERALS - NUMBNESS
GENERALS - OBESITY
GENERALS - PAIN - appear suddenly
GENERALS - PAIN - cutting pain
GENERALS - PAIN - paroxysmal
GENERALS - PAIN - stabbing pain
GENERALS - UNCOVERING - amel.
GENERALS - VIBRATION, FLUTTERING, ETC.
GENERALS - WAVELIKE SENSATIONS
GENERALS - WEAKNESS
GENERALS - WEARINESS